Athenian Weekly &

Athenian Promise: I will commit myself to the pursuit of knowledge with personal integrity and academic honesty. (2 out of 6)

Volume 1, Issue No. 2

Monday, August 31, 2015

Published by the Student Affairs Office

Note from the Dean of Student Life

It is my pleasure and privilege to serve as your Dean of Student Life!



As the Dean of Student Life at Mount Saint Mary's University, I have the great honor to serve as a senior advocate, mentor, resource and guide for students.

I work closely with your faculty and other departments to support your academic success and personal and professional growth and enhance the quality of University life for students.

Every student is encouraged to take full advantage of their time at MSMU by participating in the many opportunities for leadership development, student engagement, volunteer service and other activities offered throughout the year. I was once a student at the Mount just like you and was challenged to do better and inspired to reach my full potential. I did so by getting involved and making connections with students, faculty and staff. I remain inspired to be a part of the traditions that have made us better and the changes that push us forward. I look forward to helping you reach your full potential.

This newsletter is published weekly during the academic year and is full of great opportunities for involvement and often has reminders about important information and deadlines. Be sure to pick up a copy every Monday or view it on the webpage at http://www.msmu.edu/student-life/activities-involvement/ (click on ATHENIAN WEEKLY) and make the best of your time at the Mount.

I invite you to drop by the Student Affairs Office in the Humanities 2nd floor (H200) to say "hello" and share the highlights of your MSMU experience, ask questions or voice any concerns.

Best wishes for a wonderful year!

Sincerely, Laura Crow (Dean Crow) Dean of Student Life

Campus Security Safety Tips-Week Two: Crime Prevention

The Dept. of Campus Security would like to take this time to remind the Mount Community to be aware of your surroundings and take the necessary precautions to avoid loss of belongings. Laptops, purses, iPads, cell phones, textbooks, and other devices are listed as items most often reported missing. Never leave valuables visible in your vehicle or residence. When leaving your residence hall, make sure you close and lock the door. Do not prop open any doors. Always report suspicious activity to Campus Security. You can also visit Campus Security on the portal for Mountwatch Crime Reporting Anonymous tips. See Something, Say Something. Have a safe semester!



CASTING CALL

Attention: Singers, Dancers, Actors, Comedians, Magicians, Etc.

It's your time to shine and give us a performance you won't forget!

Monday, September 21

7.30 – 8.30 p.m. @ Campus Center Plaza

Interested?

Email: StudentProgramming@msmu.edu

Sign-Up Deadline: September 7



Mount's

Got Talent

Volume 1, Issue No. 2 Page 2

MAKE MUSIC PAT THE MOUNT

The Mount Orchestra is open to any Mount student, faculty, or staff member as well as the larger college community.



To join an orchestral ensemble, or for more information please contact Chet Swiatkowski cswiatkowski@msmu.edu

SING ... AT THE MOUNT

Any Mount student can join a choir for credit or as an extracurricular activity.

Regardless of your background or level of experience, we have a choir for you!



To join a choir, or for more information please contact Dr. Therese Fassnacht, music department chair tfassnacht@msmu.edu



Volume 1, Issue No.2 Page 3

SAVE THE DATE

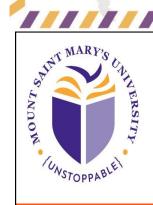
STUDENT HEALTH FAIR



SEPTEMBER 23 RD CHALON CAMPUS

<< More Information to Follow >> 310.954.4110 | 213.477.2685

90 DAY PASSPORT TO HE VIVAT KASSKUK LUTERNIK VIA STUDENT HEALTH SERVIK





10.13.2015

MAKE THE CUT

WANT TO MAKE A DIFFERENCE IN **SOMEONE'S LIFE?**

DONATE YOUR HAIR!

REQUIREMENTS

BEAUTIFUL LENGTHS:

- √ 8 inches minimum
- √ Vegetable dyes and semi-permanent acceptable
- ✓ No permanent dye
- ✓ No more 5% gray

LOCKS OF LOVE:

- √ 10 inches minimum
- ✓ Colored or permed acceptable
- ✓ Gray acceptable
- √ No bleach

SPONSORED BY STUDENT AFFAIRS



Preparing Women to Lead:

Mount Saint Mary's University Women's Leadership and the Public Leadership Education Network

Join PLEN in Washington, DC for 2015-2016 seminars

Upcoming PLEN Seminars

Women, Business and Policy October 1-3, 2015

Women, Law, and Legal Advocacy October 29-31, 2015

Women in STEM Policy January 4-8, 2016

*More seminars coming soon

Apply through OrgSync https://orgsync.com/54559/forms/148413

Learn professional development skills and build your network.

Be inspired as you meet with today's foremost women leaders who will share their experiences and knowledge ofth you — the women leaders

of tomorrow.

For more information contact.

Women's Leadership and Student

Involvement office

Leavey Commons, Ground

Tel. (310) 945-4350

leadership@msmu.edu

or more information contact: Women's Leadership and Student Involvement office Leavey Commons, Ground Floor

Tel: (310) 945-4350

All are welcome to...

MASS OF THE HOLY SPIRIT

Doheny

Thursday, Sept.

11:30 AM

DOHENY CLASSES
WILL BE CANCELED
BETWEEN 11:30 AM
AND 1:50 PM SO ALL
CAN ATTEND

Chalon

Tuesday, Sept. 22

11:30 AM

CHALON CLASSES
WILL BE CANCELED
BETWEEN 11:30 AM
AND 1:50 PM SO ALL
CAN ATTEND

president McElaney-Johnson invites you to a lunch reception immediately following each May

MOUNT COMMUNITY AND WEAR RED!



Weekend Events



Friday 09/04

Saturday 09/05

Sunday 09/06



Go Take the Trans
Stop to Santa Monica
and watch Sinister 2
at the AMC theater!!

SINISTER

Take the Santa Monica
Trans Stopii

Go to the Santa Monica
Beachii

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: athenianweekly@msmu.edu

Athenian Weekly &

Athenian Promise: I will commit myself to the pursuit of knowledge with personal integrity and academic honesty. (2 out of 6)

Volume 1, Issue No. 2

Monday, August 31, 2015

Published by the Student Affairs Office

CAMPUS MINISTRY EVENTS

Monday, August 31st, 2 p.m., H105

PREPARE FOOD.

Sunday, August 30th, 5:15 p.m., H105 Prepare and make sandwiches sack meals!

SUNDAY MASS

Sunday, August 30th, 7 p.m., Mary Chapel

VISIT THE HOMELESS.

Sunday, August 30th, 8 p.m., Mary Chapel Meet at the chapel to join Campus Ministers in delivering food to the homeless of Santa Monica.

Questions? Contact Campus Ministry! campusministry@msmu.edu

Campus Security Safety Tips-Week Two: Crime Prevention

The Dept. of Campus Security would like to take this time to remind the Mount Community to be aware of your surroundings and take the necessary precautions to avoid loss of belongings. Laptops, purses, iPads, cell phones, textbooks, and other devices are listed as items most often reported missing. Never leave valuables visible in your vehicle or residence. When leaving your residence hall, make sure you close and lock the door. Do not prop open any doors. Always report suspicious activity to Campus Security. You can also visit Campus Security on the portal for Mountwatch Crime Reporting Anonymous tips. See Something, Say Something. Have a safe semester!



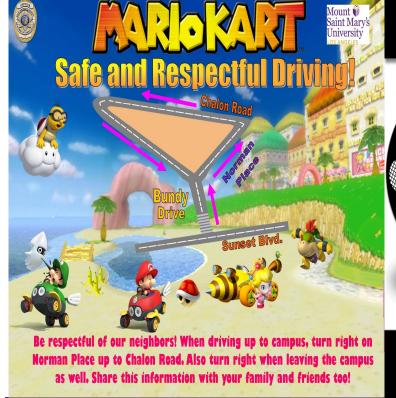
Mount's

Got Talent

Safety Tips are brought to you by the Dept. of Campus Security.

Stay Informed. Stay Alive.





CASTING CALL

Attention: Singers, Dancers, Actors, Comedians, Magicians, Etc.

It's your time to shine and give us a performance you won't forget!

Monday, September 21

7.30 – 8.30 p.m. @ Campus Center

Plaza

Interested?

Email: StudentProgramming@msmu.edu

Sign-Up Deadline: September 7















Volume 1, Issue No. 2 Page 2

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To join an orchestral ensemble, or for more information please contact Chet Swiatkowski cswiatkowski@msmu.edu

SING ... AT THE MOUNT

The Mount Chorus is open to all students at the Mount. All students are welcome!



To join a choir, or for more information please contact Dr. Therese Fassnacht, music department chair tfassnacht@msmu.edu

Mount in the City Pre-sents...



Steven Gerrard





Sign up TODAY at H200A Please bring \$10 refundable deposit & MSMU ID

Departing at 5:30PM



Dos Santos

















Fun, Food, & Games!

STEM Spirit Week August 31st – September 3rd

Planting Your Goal

August 31st **Location: Admin** Lawn

Time: 12PM -1 PM



Taboo Tuesday September 1st Location: H204 Time: 12PM - 1PM



Math Wiz Wednesday September 2nd

Location: Campus Center

Time: 12PM - 1PM



Meet us at the **Involvement Fair** September 3rd **Location: Circle** Time: 12 PM-1PM



Volume 1, Issue No.2 Page 3

SAVE THE DATE

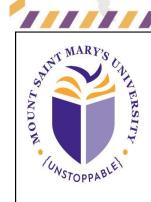
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SPONSORED BY STUDENT AFFAIRS



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Leavey Commons, Ground

Tel. (310) 945-4350

leadership@msmu.edu

or more information contact: Women's Leadership and Student Involvement office Leavey Commons, Ground Floor Tel: (310) 945-4350





OPEN HOUSE

Wednesday, September 2, 2015 | 10am-2pm | H401





OPEN HOUSE

Meet the SPCS team and find out what we have in store for you this year!

Whene

September 9, 2015 9:00A.M. - 12:00 P.M.

Student Programming & Commuter Services Office H200A



Check out our newly remodeled office, learn about our events, and get FREE SNACKS!









Mount in the City

Our Services, and

Thursday Theater Movies
Commuter Events

ommuter Mentor Program

All are welcome to...

Doheny

Thursday, Sept. 17 11:30 AM

South Lawn

DOHENY CLASSES
WILL BE CANCELED
BETWEEN 11:30 AM
AND 1:50 PM SO ALL
CAN ATTEND

MASS OF THE HOLY SPIRIT Chalon

President McElaney-Johnson invites you

to a lunch reception immediately following each Mass



Tuesday, Sept. 22 11:30 AM Campus Center

CHALON CLASSES
WILL BE CANCELED
BETWEEN 11:30 AM
AND 1:50 PM SO ALL
CAN ATTEND



Weekend Events



Friday 09/04

Happy Labor Day!

Enjoy!

No school

Monday!!

9/07/15

Saturday 09/05

Take the Trans Stop
to Santa Monica and
watch Sinister 2 at
the AMC theater!!
SINISTER

Sunday 09/06



Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: athenianweekly@msmu.edu



Athenian Promise: I will respect the sanctity of the learning environment and avoid disruptive and deceitful behavior towards other members of the college community. (3 out of 6)

Volume 1, Issue No. 3

Monday, September 7, 2015

Published by the Student Affairs Office

BAG OF SUCCESS SChool Supply Drive

Support the Community Student Ambassador Program and collect school supplies for our Bag of Success Award. The Award is given to students from K-12th grade, providing them the necessary basic supplies to be successful in their education.

DONATE unused supplies such as:

Pens/Pencils Notebooks

Crayons/markers Rulers

Binders Erasers

Paper Any other school supplies

Donation boxes are located in the Student Affairs Office at

Doheny: Building 7 Chalon: H-200

Available: Monday, August 31, 2015- Friday, September 11, 2015

If you have any questions, please contact the Student Ambassador Program at (213) 577-2572.

CPS Tip of the Week

- Students come to CPS when they feel stuck. Counselors will listen carefully to you, provide an objective viewpoint and help you problem-solve
- Students can come for any reason: adjustment concerns, stress, depression, anxiety, family issues, relationship break-ups, etc. We have plenty of Kleenex
- Services include individual, couples and group counseling
- Eligible students receive up to 12 sessions per academic year
- FREE and Confidential
- Appointments can be made by calling or coming in to the office
- Hours: 8:30am-5:00pm Mon.-Thurs. and 8:00am-4:30pm Friday



Counseling and Psychological Services
Chalon Office 310.954.4114, Humanities, 1st Floor
Doheny Office 213.477.2668, McIntyre, 1st Floor



THE MOUNT CIVILITY KICK OFF!

JOIN US FOR FUN ACTIVITIES,
GIVEAWAYS, AND CIVILITY!

Wednesday, September 16, 2015

12:30PM-2:00PM

Administration Lawn



SPONSORED BY:
The Mount Civility Project
at MOUNT SAINT MARY'S UNIVERSITY

CAMPUS SECURITY

Week Three: Protecting Yourself

Be aware of your surroundings. Know where you are, where you are going, and what is going on around you. Walk with confidence. Tell someone where you are going and when you expect to return. At night, travel in well-lighted areas. Walk close to the curb, facing oncoming traffic. Do not go to the ATM at night. If possible travel with another person or in a group. Trust your intuition, if something feels wrong, something is probably wrong. Remember your safety is always first. See something, say something. Report all incidents to Campus Security.

Have Campus Security numbers programmed on your phone:

Chalon Campus 310.954.4123 | Doheny Campus 213.477.2502.

Visit the Campus Security page on the portal to get safety tips, emergency apps to download on your phone and sign up for EAlert.

The Dept. of Campus Security.

Stay Informed, Stay Alive



















Greetings from the Business Office!





<u>Credit Balance/Refunds</u>: Refunds will be processed after the add/drop deadline and after the loan disbursement dates. Enroll in eRefund today on CASHNet! You can also complete the Refund Authorization Form and roll your credit over If you have work study and are enrolled in a payment plan, you are now able to to the next term.

complete the "Agreement for Earnings Deferment" form, and use your paycheck to help pay your monthly installment. Please contact us for more normation. <u>Parking permits</u> are available: Register online, then come to our office

with your vehicle registration and insurance card to pick up your permit. information.

Like us on Facebook to get reminders about upcoming deadlines and events:

www.facebook.com/MSMUBusinessOffice

HEAL THE BAY

SAVE the Date! Saturday, September 12, 2015, 9 AM to 11 AM

Help clean up MSMU's adopted section of Santa Monica Beach! TRANSPORTATION PROVIDED FROM CHALON AND DOHENY

Shuttle will depart:

Chalon at 8:40AM -meet in the Circle Doheny at 8:30AM -meet at Shuttle Stop ALL PARTICIPANTS NEED TO RSVP through GIVEGAB at

https://www.givegab.com/universities/mount-st-mary-s-college/ opportunities/heal-the-bay-sept-12-2015-9-am-11-am

Have questions? Interested in volunteering? Contact the Community Engagement Office at (213)477-2662 kterrill@msmu.edu



Got Talent

CASTING CALL

Attention: Singers, Dancers, Actors, Comedians, Magicians, Etc.

It's your time to shine and give us a performance you won't forget!

Monday, September 21

7.30 - 8.30 p.m. @ Campus Center

Plaza

Interested? Sign-Up Deadline: September 7

Email: StudentProgramming@msmu.edu



A Special Project of the Mount Saint Mary's University Community Student Ambassador Program

Project GRAD Los Angeles has been in partnership with the Community Student Ambassador Program for over 13 years and is driven by a mission to help more first-generation college students from low-income backgrounds graduate from college. PGLA is embedded in a network of northeast San Fernando Valley middle and high schools and work directly with students, parents, and school staff

- Prepare students for college rigor, and ensure that more first-generation students graduate from college
- Promote college access throughout the educational pipeline.

To apply to PGLA we ask that you...

- •Qualify to become a Community Student Ambassador.
- Are a Freshman or Sophomore.
- Are able to provide your own transportation.
- Have and maintain a cumulative GPA of 2.7 or better.
- •Work a consistent 15-20 hours a week.
- Attend all training sessions & activities.
- •Work effectively with student groups, individuals, and parents with diverse needs, socioeconomic backgrounds, and educational levels.

Application Due Date: Monday, September 18, 2015 Applications available at:

http://www.msmu.edu/studentambassadors

If you have any questions, please contact our Community Student Ambassador Managers, Jasmine Scales at jasmscal@msmu.edu or Marisol Delgado at maridelg2224@msmu.edu

Community Student Ambassadors work with high school students and community partners to answer questions about preparation for college, college life, & financial aid. High School Ambassadors act as role models for their students and also provide support to high school counselors and Community Partner representatives.

To apply to the program we ask that you...

- Are a Freshmen or Sophomore
- Are able to provide your own transportation.
- Maintain a cumulative GPA of 2.7 or better.
- Work a consistent 12-15 hours a week.
- Attend all training sessions & activities.
- Work effectively with groups & individuals representing a diversity of needs, socioeconomic backgrounds, & educational levels.

Applications are Now Available Online

Second Semester Freshman, Sophomores, and Juniors for Fall

Chalon Campus SAP Office

Leavey Commons Near Mail Room (310) 954-4106



Doheny Campus SAP Office

Building 7 (213) 477-2572

CAREER SERVICES & INTERNSHIPS
PRESENTS:

THE GRADUATE SCHOOL FAIR 2015

What's your plan?



Save the date! Thursday, September 24, 2015

12 to 3 p.m.

Chalon Campus, Campus Center

Open to entire MSMU Community.



CAMPUS MINISTRY

COOKIES!

Monday, September 8, 2 p.m., H105

SAINT MARY'S BIRTHDAY

Tuesday, September 8th, 12:15PM, the Circle Wish Mary a Happy Birthday & enjoy an afternoon treat!

SUNDAY MASS

Sunday, September 13, 7 p.m., Mary Chapel

VISIT THE HOMELESS.

Sunday, September 13, 8 p.m., Mary Chapel

Questions?

Contact Campus Ministry!

<u>campusministry@msmu.edu</u> x4125 (Chalon) x2672 (Doheny)



INVITES YOU TO ATTEND WEEKLY MEETINGS!

MONDAYS 12:30PM -130PM AT THE BRADY PATIO

NO PRIOR KNOWLEDGE OF LANGUAGE IS NECESSARY

TO APPRECIATE THE WONDERFUL FRENCH
CULTURE; WITH ACTIVITIES TO BUILD YOUR
VOCABULARY AND STAYING UP TO DATE ON
CURRENT EVENTS.

AU REVOIR!!

If you have any questions you can contact:



Rebecca Caraveo (949) 257-7904



Mount Saint Mary's University

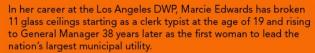
make a difference. be a leader. 2015 WOMEN'S LEADERSHIP CONFERENCE SEPTEMBER 19

Hear from rocket scientists and nonprofit heroes. Acclaimed chefs and media leaders. MacArthur geniuses and business gurus.

Our closing speaker will inspire you with her story of strength, leadership, and breaking glass ceilings!

MARCIE EDWARDS

GENERAL MANAGER, LOS ANGELES DEPARTMENT OF WATER AND POWER



Learn more about Marcie Edwards and hear how she has broken through countless barriers in a male-dominated industry to become the high achieving leader she is today.

Register now, visit www.msmu.edu/WLC

Fascinating Facts about the U.S. Constitution

Constitution Day is celebrated on September 17, the anniversary of the day the framers signed the document.

The first time the formal term "The United States of America" was used was in the Declaration of Independence.

George Washington and James Madison were the only presidents who signed the Constitution.

Benjamin Franklin was the only Founding Father to sign both the Declaration of Independence and the Constitution.

The nineteenth amendment gave women the right to vote.

It was proposed on June 4, 1919 and it was ratified on August 18, 1920.

WILL YOU MAKE THE CUT? WHAT ARE THE REQUIREMENTS TO DONATE HAIR?

HOW TO DONATE YOUR HAIR:

Sign up to reserve a time slot to cut your hair!
Follow this link:

http://www.wejoinin.com/sheets/boaoj

 Have your hairstylist cut the hair you wish to donate and bring it to the Student Affairs office (hair must be in a ponytail or braid)

FOR BEAUTIFUL LENGTHS

- ♦ 8 inches minimum
- Vegetable dyes and semi-permanent are acceptable
- ♦ No permanent dye

FOR LOCKS OF LOVE

- ♦ 10 inches minimum
- ♦ Colored or permed acceptable
- ♦ Gray acceptable

TUESDAY, OCTOBER 13, 2015 12:00PM TO 3:00PM

AT THE CHALON CAMPUS IN THE CIRCLE

Make the kindest cut of all!

Donate your hair to Pantene's Beautiful Lengths or the Locks of Love Organization! The hair you donate will be used to create quality wigs for women who have lost their hair due to cancer treatment or children who suffer from long-term medical hair loss.



pantenee beautiful of LENGTHS



Weekend Events



Friday 09/11

Visit the Griffith Observatory and enjoy a getaway to the Cosmos!!

Visiting Hours: 12:00 Noon - 10:00 PM

Saturday 09/12

CAN'T BEAT THE HEAT??

Take a dip in the pool and cool off with some friends!!

Chalon Fitness Center Hours. 10 AM—3:30 PM **Sunday 09/13**

Want to thish up on some last minute back to school shopping?

Visit the Citadel Outlets

Hours 10 AM 9 PM

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: athenianweekly@msmu.edu

Athenian Weekly &

Athenian Promise: I will support a culture of diversity by respecting the rights of those who differ from me. (4 out of 6)

Volume 1, Issue No. 4

Monday, September 14, 2015

Published by the Student Affairs Office

Student Affairs Photo Contest! #WeLoveNSMU Winner announced 9/18 at 2pm



Guidelines: to win prize over \$100

1. Use the hashtags #WeloveMSMU and #MSMUStudentAffairs on Instagram

2. Post a picture with you in it and tell us why this is your favorite spot on campus

3. Submit your photo by 9/18 12pm





WHO: YOU & YOUR FRIENDS

What: Movie Night Where: Chalon Pool Wear: HaWaiian/ Tourist

WHEN: THUTSday, Sept. 17 @ 6:30 PM





Career Meet-up: GIVING GRAD SCHOOL A GO

Info. Session with MSMU Graduate Admissions

DATE: Thursday, September 17th

LOCATION: Humanities 201

TIME: 1-2 p.m.

Considering a graduate degree at some point? Learn how to research, prepare, fund and get admitted, ultimately!



Speaker: Tara N. Wessel Swoboda, MA
Assistant Director, Graduate Admissions

CONNECT WITH US:

MountCareerNetwork.com

Facebook.com/MSMUHireAthenians

Mount Saint Mary's University

Career Services
& Internships

LinkedIn.com: Mount Saint Mary's University: Students &

Campus Security Safety Tips

Week Four: Emergency Preparedness



How prepared are you in the event of a major emergency on campus? There's no warning, be prepared. Depending on the emergency there may be a time when staying on campus is the safer option. And having items such as an emergency kit can make all the difference during an emergency. Emergency kits can be purchased in many stores and will include items such as water, flashlight, blanket, food, first aid kit, etc. But tailoring a kit to your specific needs is key. So if you have an emergency kit make sure you include items that will make you comfortable during an emergency. For a complete list of recommended items for your emergency kit, please visit the Dept. of Campus Security Portal page and click on the ready.gov link.



Have Campus Security numbers programmed on your phone

Chalon Campus 310.954.4123 | Doheny Campus 213.477.2502

The Dept. of Campus Security. Stay Informed, Stay Alive















MAKE THE CUT!

TUESDAY, OCTOBER 13, 2015 12:00PM TO 2:00PM AT THE CHALON CAMPUS IN THE CIRCLE

TO MAKE THE KINDEST CUT OF ALL:

Sign up to reserve a time slot to have your hair cut! Follow the link: http://www.wejoinin.com/sheets/boaoj Have your hairstylist cut the hair you wish to donate and bring it to the Student Affairs office

(HAIR MUST BE IN A PONYTAIL OR BRAID)

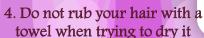
FOLLOW THESE HAIR CARE TIPS TO MAKE YOUR HAIR HEALTHIER!

1. Give that shampoo bottle a break



2. Air Dry your hair

3. Amp Up Moisture





CPS TIP OF THE WEEK

<u>MYTH</u>	FACT
Only crazy people go to therapy.	Everyone can benefit from therapy. People come to therapy for many different reasons.
I am a person of faith, so I don't need therapy.	Therapy can be a very spiritual experience and faith is often deepened in the process of learning about oneself.
I should only go to therapy if I am having a crisis.	The sooner you address a problem, the less disruption it will be to your life and the less likely it will become a crisis! Don't put it off.
Going to therapy means you are weak.	Seeking help is an act of strength.



Counseling and Psychological Services Chalon Office 310.954.4114, Humanities, 1st Floor Doheny Office 213.477.2668, McIntyre, 1st Floor





Greetings from the Business Office! 🔘

Credit Balance/Refunds: Refunds are being processed for the fall semester. Enroll in eRefund on CASHNet to receive funds faster with direct deposit! You can also complete the Refund Authorization Form and roll your credit over to the next term. You're provided a monthly statement on CASHNet. Give it a look when you get that reminder email! It's always good to know what's going on with your account. If you have work study and are enrolled in a payment plan, you are now able to complete the "Agreement for Earnings Deferment" form, and use your paycheck to help pay your monthly installment. Please contact us for more information. Parking permits available! Register online, come to our office with vehicle registration and insurance card to pick up your permit.

Like us on <u>Facebook</u> for upcor facebook.comMSMUBusinessOffice



YOU CAN WIN A

FitBit Surge!



PASSP(*) STUDENT HEALTH FAIR

> **SEPTEMBER 23, 2015 ADMIN LAWN CHALON CAMPUS**

WEDNESDAY

12:00pm - 2:00pm

For More Information Contact >> STUDENT HEALTH SERVICES 310.954.4110 | 213.477.2685

Weekend Events



Head down to 3rd street for the 5th annual Pharaoh's **Festival**

4pm-10pm

Saturday 09/19

Sunday 09/20

Visit the L.A. County Fair Enjoy food, rides, activities, and more! From 10 AM-10 PM

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 PM for the next week's issue. E-mail: athenianweekly@msmu.edu

Athenian Weekly

Athenian Promise: I will contribute to the development of a caring community where compassion for others and freedom of thought and expression are valued. (5 out of 6)

Volume 1. Issue No. 5

Monday, September 21, 2015

Published by the Student Affairs Office

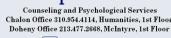
CPS Tip of the Week

7 signs you could benefit from making an appointment with Counseling & Psychological Services:

- 1) You are feeling uncontrollably sad, angry; or otherwise "not yourself."
- 2) You are eating or sleeping more or less than usual, or withdrawing from family and friends
- 3) You find yourself abusing drugs, alcohol, food or sex to cope with stress.
 - 4) You've lost someone or something important to you.
 - 5) Something traumatic has happened.
- 6) You've stopped doing things that you ordinarily enjoy.
 - 7) You feel confused, overwhelmed, or "stuck"

Most people benefit from short-term, goal-oriented therapy to address a specific issue or interpersonal conflict, get out of a rut or make a major life decision. Make an appointment with CPS and talk to a nonbiased professional without fear of judgment or











explore the possibilities...



All are welcome to...

OF THE HOLY SPI

Dresident McElaney-Johnson invites you roalunch reception immediately following each



Tuesday, Sept.22





CLASSES WILL BE CANCELED BETWEEN 11:30 AM-1:50 PM SO ALL CAN ATTEND!



Campus Security Safety Tips



How prepared you are can make all the difference when it's 2am & the ground starts to shake or a smoke alarm goes off.

In those events you have seconds to know what you will do to keep yourself safe.

Having a plan & items such as an emergency kit, are steps to ensure your safety.

Learn each campuses evacuation location & procedures.

Every classroom has **Emergency Procedures** posted.

Read them, know them, and BE READY.

Check out the Portal for more!

Dept. of Campus Security. Stay Informed, Stay Alive



















Mount Saint Mary's University

LOS ANGELES



APPLY TODAY!

TO BE AN

ORIENTATION LEADER TODAY!

RESPONSIBILITIES OF AN **ORIENTATION LEADER**



www.msmu.edu/CHALON-OL

Horoscope for September 21: Virgo, MOTTO I ANALYZE!!!

Astrological symbol: A Maiden; known for thinking, clarity, and shyness. They're carefree ,very mobile, courageous in life. Element is Earth, for dignified polite individuals

Opposite sign: Pisces, it reflects upon the honesty and humor.

Done with Summer School?

If you took summer school courses at a community college, be sure to:

- 1. Follow the articulation agreement found under the Transfer Credit tab on the Academic Advisement portal page.
- 2. Complete and turn in a Transfer of Credit Clearance Form. These forms are located in the Academic Advisement office and on our portal page.
- 3. Have your official, sealed transcripts from the college that you took summer courses mailed directly to the Register's office at the Mount. Until the transcripts are received, the course cannot be added to your record.
- 4. Contact Academic Advisement at x4070 with any transfer credit questions.

STEM's Speaker Series: Dr. Kenneth Nwosu

Are you interested in becoming an Orthopaedic Surgeon?

Join us to hear about Dr. Kenneth Nwosu's journey as a medical student! He is currently in his 4th year of residency at UCLA.



When:

Thursday, September 24th

2:00pm - 3:00pm

Where:

A-200



ALL MAJORS WELCOME

You Are Cordially Invited

Special one night only performances from your very own Athenians. Enjoy free snacks and refreshments.

Mount's Got Talent

September 21, 2015 7:30-8:30pm Campus Center Plaza





CAMPUS MINISTRY

Sponsored by Student Programming & Commuter Services. H200A. (310) 954- 4120. StudentProgramming@msmu.edu

COOKIES! Monday, September 21st, 2 p.m., H105

MASS OF THE HOLY SPIRIT
Tuesday, September 22nd, 11:30AM, Campus Center
Chalon classes canceled during this time so all can.
Attend! Wear your Red!

SUNDAY MASS Sunday, September 27th, 7 p.m., Mary Chapel

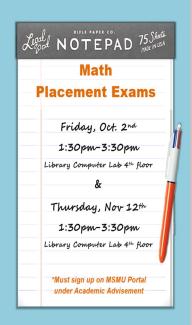
VISIT THE HOMELESS

Sunday, September 27th, 8 p.m., Mary Chapel

Meet at the chapel to join Campus Ministers in
delivering food to the homeless of Santa Monica.

Questions? Contact Campus Ministry! campusministry@msmu.edu x4125 (Chalon) x2672 (Doheny) Volume 1, Issue No. 5 Page 3







Hello Athenians,

Government Association is here to serve YOU! Please visit us at our office, which is located between the Student Lounge, and Women's Leadership office in the Leavey Commons Building. If you have any questions or concerns please email us at sga@msmu.edu or visit us at our office! We also have a suggestion box in the student lounge! Last but not least, we have weekly meetings on Thursdays at the Hannon Parlor from 1-2pm and everyone is welcome to listen and participate! Please look out for our flyers around campus and on our instagram:

sga msmu for class meetings, annual events and meet and greet!

Thank you,

Blanca Duenas

(SGA President, 2015-2016)



MAKE THE CUT!

Donate your hair to Pantene's Beautiful Lengths or the Locks of Love Organization! The hair you donate will be used to create quality wigs for women who have lost their hair due to cancer treatment or children who suffer from long-term hair loss.

> TUESDAY, OCTOBER 13, 2015 12:00PM TO 2:00PM

AT THE CHALON CAMPUS IN THE CIRCLE





ADMIN LAWN

TO MAKE THE KINDEST CUT OF ALL:

Sign up to reserve a time slot to have your hair cut! Follow the link:

http://www.wejoinin.com/sheets/boaoj

Have your hairstylist cut the hair you wish to donate and bring it to the Student Affairs office (hair must be in a ponytail or braid).

ATTENTION New Transfer Students!

Remember, you only have one semester to contest your Transfer Credit Evaluation.

For more information visit Academic Advisement on MyMSMU Portal or stop by during posted drop-in hours



<< For More Information Contact >>

STUDENT HEALTH SERVICES 310.954.4110



Career Services & Internships
Presents:
Graduate School Fair 2015

Explore your future

Thursday, September 24th 12 - 3 PM

Chalon Campus Center



Dress to impress! Free LinkedIn headshot by a professional photographer.

ALLIANT INTERNATIONAL UNIVERSITY

ANTIOCH UNIVERSITY LOS ANGELES

BECKMAN RESEARCH INSTITUTE OF CITY OF HOPE, IRELL & MANELLA GRADUATE SCHOOL OF BIOLOGICAL SCIENCES

BLUEPRINT LSAT PREPARATION

CALIFORNIA BAPTIST UNIVERSITY

CALIFORNIA LUTHERAN UNIVERSITY

CALIFORNIA INSTITURE OF THE ARTS

CALIFORNIA STATE UNIVERSITY, CHANNEL ISLANDS

CALIFORNIA STATE UNIVERSITY DOMINGUEZ HILLS, GRADUATE STUDIES AND RESEARCH

CALIFORNIA STATE UNIVERSITY LONG BEACH, SCHOOL OF NURSING

CALIFORNIA STATE UNIVERSITY LOS ANGELES, DEPARTMENT OF PHYSICS AND ASTRONOMY

CALIFORNIA STATE UNIVERSITY LOS ANGELES, MASTER OF PUBLIC ADMINISTRATION PROGRAM

CALIFORNIA STATE UNIVERSITY NORTHRIDGE, NAZARIAN COLLEGE OF BUSINESS GRADUATE PROGRAMS IN BUSINESS

CALIFORNIA STATE UNIVERSITY NORTHRIDGE, TSENG COLLEGE OF

GRADUATE, INTERNATIONAL AND MIDCAREER EDUCATION

CHAPMAN UNIVERSITY, FOWLER SCHOOL OF

CHAPMAN UNIVERSITY, SCHOOL OF PHARMACY

CHICAGO SCHOOL OF PROFESSIONAL PSYCHOLOGY, LOS ANGELES

CLAREMONT GRADUATE UNIVERSITY

FASHION INSTITUTE OF DESIGN & MERCHANDISING

FULLER THEOLOGICAL SEMINARY

KAPLAN TEST PREP

KECK GRADUATE INSTITUTE

LOMA LINDA UNIVERSITY

LOYOLA LAW SCHOOL, LOS ANGELES

LOYOLA MARYMOUNT UNIVERSITY

LOYOLA MARYMOUNT UNIVERSITY, SCHOOL OF EDUCATION

MARYMOUNT CALIFORNA UNIVERSITY

MOUNT SAINT MARY'S UNIVERSITY LOS ANGELES. GRADUATE DIVISION

MOUNT SAINT MARY'S UNIVERSITY LOS ANGELES, MBA PROGRAM

MOUNT SAINT MARY'S UNIVERSITY LOS ANGELES, MFA CREATIVE WRITING **GRADUATE PROGRAM**

PEACE CORPS

PEPPERDINE UNIVERSITY, GRADUATE SCHOOL OF EDUCATION AND PSYCHOLOGY

PEPPERDINE UNIVERSITY, SCHOOL OF PUBLIC POLICY

SOUTHERN CALIFORNA CSU DNP CONSORTIUM OF CSU FULLERTON, LONG BEACH & LOS ANGELES

WHITTIER LAW SCHOOL

UNIVERSITY OF CALIFORNIA, IRVINE SCHOOL OF LAW

UCLA SCHOOL OF INFORMATION STUDIES

UCLA SCHOOL OF NURSING

UCLA SOCIAL WELFARE

UNIVERSITY OF WEST LOS ANGELES

UNIVERSITY OF REDLANDS

US ARMY HEALTHCARE RECRUITING

USC LEONARD DAVIS SCHOOL OF GERONTOLOGY

USC SCHOOL OF PHARMACY

USC ROSSIER SCHOOL OF EDUCATION

USC SCHOOL OF SOCIAL WORK

WOODBURY UNIVERSITY



Weekend Events



Friday 09/25

Saturday 09/26

Sunday 09/27

Enjoy a day at the

Aquarium Of The Pacific
with a Mount discount

Hours: 9:00AM—6:00 PM
Discounted tickets @msmu portal

Take the stop-trans down to 3rd street and catch a movie!



Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: athenianweekly@msmu.edu

Athenian Weekly

Athenian Promise: I will honor, challenge and contribute to the scholarly heritage left by those who preceded me and work to leave this a better place for those who follow. (6 out of 6)

Volume 1, Issue No. 6

Monday, September 28, 2015

Published by the Student Affairs Office



ATHENIAN DAY

OCTOBER 24, 2015 8:00AM - 12:00PM

Students, Faculty, Staff and Alumnae! Two men per team, Must be MSMU affiliated. Minimum of 6 players, Max of 8 players.



\$5 per person! Turn Registration forms, with payment in to the Chalon Fitness Center.

DEADLINE: October 6, 2015

Mount Saint Mary's University Sports & Wellness

Questions? **Call the Fitness Center:** (310) 954-4345

CPS Tip of the Week

What to expect when you seek support at CPS:

Your First Visit: During your first visit, you will be asked to spend about 20-30 minutes completing a demographic questionnaire and an electronic assessment of overall mental health. Once completed your counselor will review these materials with you, and spend approximately 45 minutes with you to discuss your presenting concerns. Your counselor will listen to you to hear the issues that have brought you in, and make recommendations for the types of services (either on- or off-campus) that might be appropriate to help.

Follow-Up Visits: The length and frequency of follow-up visits to CPS will be determined in consultation with your counselor. Meetings typically last for about 45 minutes and occur on a weekly basis until your presenting concern is resolved. Some students find relief by coming for 2-3 sessions to talk about something very specific, while others are unsure about how frequently or for how long they would like to attend sessions. Your counselor will work with you to determine the best plan for your specific needs.

Counseling and Psychological Services Counseling and Psychological Gol Field
CDS Chalon Office 310.954.4114, Humanities, 1st Floor
Doheny Office 213.477.2668, McIntyre, 1st Floor
WELLNESS



By the Department of Campus Security

Stay informed. Stay Alive

Earthquake Procedures and Preparedness



The following instructions are for moderate, major or great earthquakes:

- ⇒ Stay calm
- ⇒ Watch for falling objects and stay away from windows, overhead lights, glass doors, outside walls or anything made of brick or stone.
- ⇒ Crawl on hands and knees if you can't walk because of the shaking.
- ⇒ Stay put and do not try to leave until the building stops shaking.
- Proceed to evacuation site when safe.
- ⇒ **Evacuation Locations:** *Chalon* Circle || *Doheny* North Lawn area between the Doheny Mansion & J. Thomas McCarthy Library
- ⇒ Take your belongings with you if in class, and do not use elevators.
- ⇒ If you are outside, remain there. When safe, proceed to the evacuation site.
- ⇒ Do not panic in the elevators; they are equipped with automatic braking systems in case of a power failure.
- ⇒ Stay in the evacuation site until you receive directions to go back inside. Once you are back in a building, remember that there are usually several aftershocks and damage may still occur.

In the event of a big earthquake, staying on campus may be the safer option. Having items such as an emergency kit can make all the difference. Emergency kits can be purchased in many stores and will include items such as water, flashlight, blanket, food, first aid kit, etc. But tailoring a kit to your specific needs is key.

For a complete list of recommended items for your emergency kit, please visit the Dept. of Campus Security Portal page and click on the ready.gov link.

















Volume 1, Issue No. 6 Page 2





Rules for dressing for an interview

1.Investigate— Search for pics of employees on their website. Think about the culture of the office and industry when planning your look.

2. When in doubt, play it safe— Go with your gut. It's always best for you to feel comfortable and confident in your outfit. If you're unsure, play it safe and go with business casual.

3. A few dont's—Regardless of the company dress code there a few things you should steer away from: short skirts or dresses, anything ripped, or see-through. Tip: Wear your clothes. Don't let your clothes to wear you.

CONNECT WITH US:

MountCareerNetwork.com

Facebook.com/MSMUHireAthenians

LinkedIn.com: Mount Saint Mary's University: Students & Alumnae

Saint Mary's University
Career Services & Internships

Mount 🎁



JOIN LEADERSHIP SCHOLARS!

APPLICATIONS DUE: OCTOBER 16TH!

Women's Leadership offers First Year and <u>Sophomore</u> student the opportunity to become a part of a unique leadership development experience.

The Leadership Scholar Program recognizes the leadership potential of individuals who have made exemplary contributions to their personal lives through involvement, service, and leadership activities. Participants will receive individual leadership development, specialized activities, and priority for conference registration.

Apply on OrgSync: https://orgsync.com/54559/forms/141483

Women's Leadership
* (310) 954-4350 * leadership@msmu.edu



Mount Saint Mary's University

LOS ANGELES



APPLY TODAY!

TO BE AN

ORIENTATION LEADER
TODAY!

RESPONSIBILITIES OF AN ORIENTATION LEADER

- Serve as a leader and active participant
- at all scheduled session:
- Lead small group discussions involving
- 10+ incoming freshmen.
- student services information.
- Attend and participate in all training
- essions.

 Enroll in and successfully complete I W.
- C. Orientation Leader Training, during
- he spring semester.
- Serve as a role model for all students





www.msmu.edu/CHALON-OL





APPLY TO THE

CHALON STUDENT ACTIVITIES COUNCIL (SAC)

Want to get involved? Love planning events?

Leave your legacy at the Mount and join SAC Today



Applications Due

Thursday, October 1st, 2015 by 10:00pm

www.msmu.edu/apply-chalonsac

WOMEN'S

VOLLEYBALL

CLUB TRYOUT

THERE: CHALON FITNESS CENTE<mark>R</mark>

WHEN: OCT. 19th and 21st

5:00PM - 6:30 PM

FOR MORE INFO, CONTACT:

COACH HERSHEY

hcanta@msmu.edu

Bullet Journal: A Fun and Fully Customizable New Way to Get Organized

Learn how to get organized in a fun way for school and everyday life.



Two Sessions with Dr. Daily:

Wednesday, September 30 5:00 PM - 6:00 PM H403

Thursday, October 1 1:00 PM - 2:00 PM H402

Bring pen & paper.

"Declutter the mess in your home and heart.

Don't let the past crowd out your future."

- Dr. Thelma Bryant Davis

Le Cercle Francophone

INVITES YOU TO ATTEND WEEKLY MEETINGS!

MONDAYS 12:30PM -1:30PM

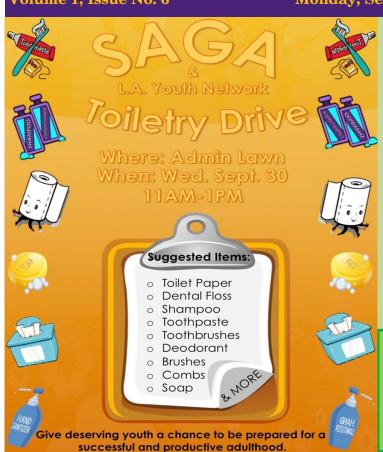
@THE BRADY PATIO

NO PRIOR KNOWLEDGE OF FRENCH LANGUAGE NECESSARY
LCF ENCOURAGES YOU TO BRING YOUR FRIENDS APPRECIATE
THE WONDERFUL FRENCH CULTURE

FOLLOW US:



rebecara@msmu.edu







ATTENTION New Transfer Students!

Remember, you only have one semester to contest your Transfer Credit Evaluation.

For more information visit Academic Advisement on MyMSMU Portal or stop by during posted drop-in hours

Confirmation Info Sessions

Doheny: Thursday, Sept. 24 &25 in House 7

Chalon: Sunday, Sept. 27 after Mass at 8:15 in Hannon Parlor

Wondering about if this is the year for you to receive the Sacrament of Confirmation? Come and learn about this spiritually enriching experience while enjoying a light dinner.

Done with Summer School?

If you took summer school courses at a community college, be sure to:

- 1. Follow the articulation agreement found under the Transfer Credit tab on the Academic Advisement portal page.
- 2. Complete and turn in a Transfer of Credit Clearance Form. These forms are located in the Academic Advisement office and on our portal page.
- Have your official, sealed transcripts from the college that you took summer courses mailed directly to the Register's office at the Mount. Until the transcripts are received, the course cannot be added to your record.
- 4. Contact Academic Advisement at x4070 with any transfer credit questions.



Weekend Events



Friday 10/02

Saturday 10/03

Sunday 10/04

In Theatres Today!

Take a trip to 3rd Street & see what all the hype is about!!

THE MARTIAN

Enjoy a *thrilling* day at

Six Flags Magic Mountain

With a Mount Discount!

Hours: 10:30 AM - 1:00 AM

Discounted tickets @msmu portal

Check out H. L. A.

LA's new (free) contemporary
art museum.

Maximize your visit with
Time Out LA's Helpful Guide!

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: athenianweekly@msmu.edu

Athenian Weekly

Athenian Promise: I will embrace the concept of a civil community which does not tolerate theft, bigotry, or harassment of others in any form. (1 out of 6)

Volume 1, Issue No. 7

Monday, October 5, 2015

Published by the Student Affairs Office

Campus Fire Safety Month- Tip 1



When a smoke alarm or fire alarm sounds, get out of the building quickly & do not reenter the building until fire authorities say it is safe to do so.

Learn your building's evacuation plan & practice all drills as if they were the real thing.

Learn where all the fire extinguishers are on Campus.

Brought to you by the Dept. of Campus Security.

Stay Informed, Stay Alive.





ATHENIAN DAY

OCTOBER 24, 2015 8:00AM - 12:00PM

Students, Faculty, Staff and Alumnae! Two men per team, Must be MSMU affiliated. Minimum of 6 players, Max of 8 players.



SIGN Up!

WHEN?

\$5 per person! Turn Registration forms, with payment in to the Chalon Fitness Center.

DEADLINE: October 6, 2015



Questions? Call the Fitness Center: (310) 954-4345

MAKE THE CUT!

Donate your hair to Pantene's Beautiful Lengths or the Locks of Love Organization! The hair you donate will be used to create quality wigs for women who have lost their hair due to cancer treatment or children who suffer from long-term hair loss.

PANTENE BEAUTIFUL LE BT S

TUESDAY, OCTOBER 13, 2015

12:00PM TO 2:00PM

AT THE CHALON CAMPUS IN THE CIRCLE
TO MAKE THE KINDEST CUT OF ALL:

Sign up to reserve a time slot to have your hair cut!
 Follow the link:

http://www.wejoinin.com/sheets/boaoj

 Have your hairstylist cut the hair you wish to donate and bring it to the Student Affairs office (hair must be in a ponytail or braid.)

CPS Tip Of the Week



- 1 in 3 college students experience depression
- Depression is NOT a weakness or a failing.
- Depression is treatable.

Seeking help for depression is a sign of strength.



Counseling and Psychological Services Chalon Office 310.954.4114, Humanities, 1st Floor Doheny Office 213.477.2668, McIntyre, 1st Floor















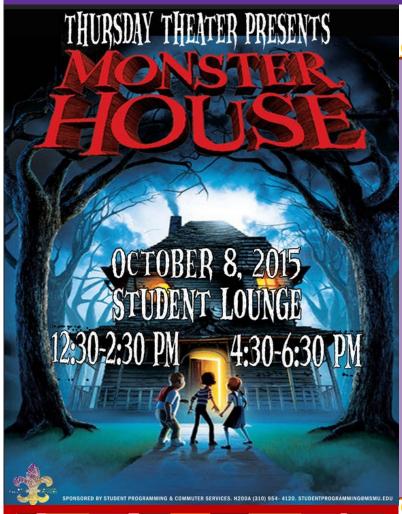






Volume 1, Issue No. 7

Page 2



Athenians, join us at our fun and

interactive events hosted by your SGA Senators:

Wednesday, Oct. 7

Time: 5:00pm-6:30pm

Location: Admin. Lawn

Treat and Greet with the Freshman Senators!

Thursday, Oct. 8

Time: 11:30am-2:00pm

Location: Circle

Meet & Greet with the

SGA team!

Thursday, Oct. 8

Time: 4:00pm-5:30pm

Location: Circle

Socialize about the

Sophomore Year Experience!

Tuesday, Oct. 13

Time: 11:45am-12:45pm

Location: Circle

Meet and Greet with the

Junior Senators!

Oct. 19-22

Time: 11:30am-2:00pm

FUN events for

National Collegiate Alcohol Awareness WEEK!!

Tuesday, Oct.27

Time: 1:00-2:00pm

Location: TBD

Don't Be Spooked by

Senior year!



A C N A N A N U E L O I W N E Y J N Z Y R M I E R L I G F T S K G V O N D C P Y O G Z U A S M X C M Y I D S U X M B V T H Y A K S D S C D A M O S E X J E R C K G R L I C U C U C K G R L R W S I L E P U C U C U X K R U X E J I K K E B V E I J J U M C V U D D C A O Q S P N S T R K A C D P D V T J O S X O O O B O N F I R E E L U T A I

ACORN
APPLE CIDER
AUTUMN
BONFIRE

FAMILY HAYRIDE LEAVES

PUMPKIN

R

A H

SCARECROW SMORES TURKEY THANKS

M D U

0



Study tip of the week

Split Page Method

Class lectures and your textbook--they're the primary sources of course content and you need to learn both. So combine them with the split page method of taking notes. Just divide your notebook page in half lengthwise. Draw a line down the middle of the page. Take class notes on one side of the page and outline the text on the other side. When you study you'll have both. Class notes and text together, integrated. Some students find it helpful to add a third column for questions they need to ask the professor . -Sherry Reynolds



http://www.academictips.org/acad/literature/notetaking.html







APPLY TODAY!

TO BE AN

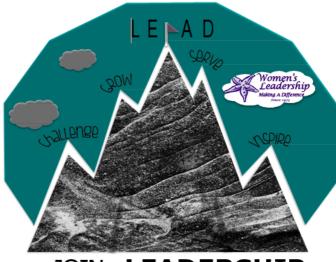
ORIENTATION LEADER TODAY!

RESPONSIBILITIES OF AN ORIENTATION LEADER

- Enroll in and successfully complete LWS 1C, Orientation Leader Training, during







JOIN LEADERSHIP SCHOLARS!

APPLICATIONS DUE: OCTOBER 16TH!

Nomen's Leadership offers First Year and Sophomore students the opportunity to become a part of a unique leadership development experience.

The Leadership Scholar Program recognizes the leadership potential of individuals who have made exemplary contributions to their personal lives through involvement, service, and leadership activities. Participants will receive individual leadership development, specialized activities, and priority for conference registration.

Apply on OrgSync: https://orgsync.com/54559/forms/141483

Women's Leadership * (310) 954-4350 * leadership@msmu.edu

Answer Key

Ε Р 0 D 0 S X R Т Α M D

ACORN APPLE CIDER AUTUMN BONFIRE

FAMILY HAYRIDE LEAVES PUMPKIN SCARECROW SMORES TURKEY THANKS

WORD OF THE WEEK **FLUMADIDDLE**

- utter nonsense.
- 2. worthless frills.

Join Career Services & Internships for our Fall 2015 Career Meet-up:

In this meet-up, you'll learn:

• What is a Professional

- Brand?
- The Value of Standing Out: How a strong professional brand can propel you into your post-college career
- Women and Branding
- and... what I wish I knew when I was in college!

Thursday, October 8, 2015 1-2 p.m. Chalon, Humanities 403



Speaker:

Senior Regional Associate at **Advancing Women Executives**

Mount 🕤 Saint Mary's University

"I am a strategic, bold professional and articulate communicator with a passion for social justice and gender equality. I consistently deliver results beyond expectation and love to laugh."

The zodiac sign for October 5 is Libra. Motto: "I balance!"

Astrological symbol: Scales, symbolize the balanced and tactful nature of these natives.

Opposite sign: Aries. Partnerships of any kind between the Libra and Aries sun sign people are the best in the zodiac and highlight nicety and bravery.

Modality: Cardinal. This quality shows the positive nature of those born on October 5 and their affection

Element: Air. The element of those who design & engage their lives by linking everything together.

Lucky day & numbers: Wednesday; 7,9,11,17,26.

Greetings from the Business Office!

Free pizza! Yes, free pizza for those attending the Financial Literacy Workshop presented by the Business Office and the Office of Student Financing. Plus, useful information regarding financial matters for every Mount student.

may RSVP to attend the Chalon or Doheny workshop by sending a simple email to sinessOffice@msmu.edu

Chalon: October 20, 1PM-2PM Hannon Theater.

Doheny: October 13, 2015 1PM-2PM Rose Hills Auditorium.



HALLOWEEN IN HAW NPOKA's 2nd General Meeting LEI MAKING TREATS

CONTEST

PRIZES

COSTUME CONTEST

Come in your best costumes on THURSDAY, OCTOBER 8TH

5:30 PM - 7:00 PM CAMPUS CENTER

club dues (\$12/yr) due by meeting

Weekend Events



Friday 10/09

Saturday 10/10

Sunday 10/11

Catch a Movie **WOOLTOP FILM GLU** 18+, Open until October 31st! Price: \$16.82/ea. More info@http://la.rooftopfilmclub.com/

Shop til you Drop BeverlyConnection an Agai Bowl down the Hours: 8AM to 7PM

Universal Studios HALLOWEEN HORROR NIGHTS

Enjoy A Night Of Scares at HHN 7:00 PM to 2:00 AM

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 PM for the next week's issue. E-mail: athenianweekly@msmu.edu



Athenian Promise: I will commit myself to the pursuit of knowledge with personal integrity and academic honesty. (2 out of 6)

Volume 1, Issue No. 8

Monday, October 12, 2015

Published by the Student Affairs Office

Campus Security Safety Tips: Campus Fire Safety Awareness Month

Know the basic operation of an extinguisher:

PASS

Pull the pin

Aim the nozzle at the base of the fire

Squeeze the handle

Sweep nozzle side to side





Safety Tips are brought to you by the

Dept. of Campus Security.

Stay Informed Stay Alive



ATTENTION New Transfer Students!

Remember, you only have one semester to contest your Transfer Credit Evaluation.

For more information visit **Academic Advisement** on MyMSMU Portal or stop by during posted drop-in hours.

OCTOBER is... Breast Cancer Awareness Month

Want to learn how to do a BREAST Exam

OK

TESTICULAR Exam?

NO DISROBING

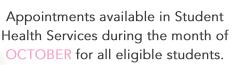
NECESSARY!



FREE GIFT to all participants!

For More Information call Student Health Services

Chalon 310.954.4110 Doheny 213.477.2685



< 90 DAY PASSPORT TO HEALTH PARTICIPATION
BONUS EVENT >>



New Shuttle Service MSMU Transportation and Parking introduces

"The Mount Local" designed for individuals who use public transportation to get to the Chalon Campus.

University ID and transit receipt must be presented to board the shuttle.

Pickup: Saltair and Depart C
Sunset and

7:00am

7:30am

8:30am



Depart Chalon: Sunset and Bundy

12:00pm

3:00pm

5:00pm

For more information Contact Transportation and Parking at (310)-954- 4044

CPS Tip of the Week

Signs of Depression:

- Lack of enjoyment in most activities.
- Weight loss or weight gain.
- Changes in sleeping patterns.
- Feeling restless.
- Feeling low energy and regularly tired.
- Feeling worthless and guilty.
- Having difficulty concentrating.
- Thoughts of death, self-harm, or suicide.



Counseling and Psychological Services
Chalon Office 310.954.4114, Humanities, 1st Floor
Doheny Office 213.477.2668, McIntyre, 1st Floor





















MAKE THE CUT!

Donate your hair to Pantene's Beautiful Lengths or the Locks of Love Organization! The hair you donate will be used to create quality wigs for women who have lost their hair due to cancer treatment or children who suffer from long-term hair loss.

PANTENE BEAUTIFUL LE GT S

TUESDAY, OCTOBER 13, 2015 12:00PM TO 2:00PM

AT THE CHALON CAMPUS IN THE CIRCLE

TO MAKE THE KINDEST CUT OF ALL:

Sign up to reserve a time slot to have your hair cut!
 Follow the link:

http://www.wejoinin.com/sheets/boaoj

 Have your hairstylist cut the hair you wish to donate and bring it to the Student Affairs office (hair must be in a ponytail or braid.)

WOMEN'S

VOLLEYBALL

CLUB TRYOUT

WHERE: CHALON FITNESS CENTER
WHEN: OCT. 19th and 21st

5:00PM - 6:30 PM

FOR MORE INFO, CONTACT:

COACH HERSHEY @ hcanta@msmu.edu

SPCS Presents to you ...

Relieve the Stress:
A Commuter Stress Reliever





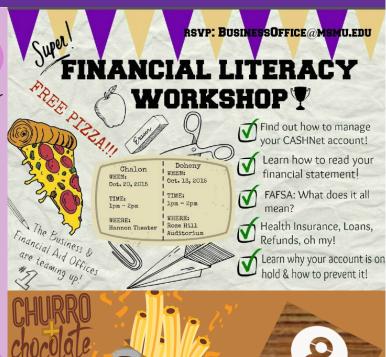


When: October 21 & 22
Where: Administration Lawn 1
Time: 12 - 1:30 p.m.





| @MSMUStudentProgramming |



TUESDAY OCTOBER 13TH, 2015

12:30-2:00PM

ADMINISTRATION LAWN



MOUNT SAINT MARY'S UNIVERSITY

Get to know more about Oxfam America! Learn more about exciting upcoming events and service opportunities!



The Living & Learning Discussion Group

Come join us in learning more about yourself!

As well as honing in on your study skills, time management skills, and MUCH MORE!

Wednesdays: 1-2 PM

Campus Center

Thursdays: 4-5 PM

H-405A



Mount Saint Mary's University



APPLY TODAY!

TO BE AN

ORIENTATION LEADER TODAY!

RESPONSIBILITIES OF AN ORIENTATION LEADER







www.msmu.edu/CHALON-OL



OCTOBER 24, 2015







Mount 🏺 Saint Mary's University

Women in STEM Policy Washington, DC

Open to sophomores and above **Seminar Dates**

January 4-6, 2016

Application Deadline November 11, 2015

Apply today on OrgSync: https://orgsync.com/54559/forms/148413



Launch your STEM policy career today!

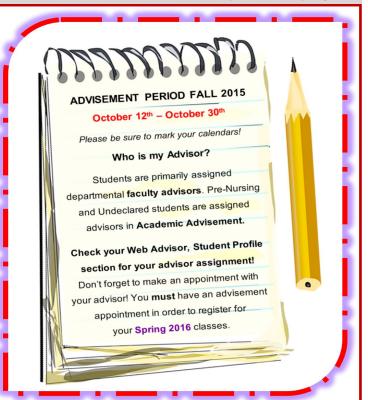
Learn how to launch your career from

Explore careers in science, health, and

Develop professional skills by perfecting

Partial and Full Scholarships Available through Women's Leadership & Student Involvement

For more information visit Women's Leadership & Student Involvement office in Ahmanson Commons 2nd floor Visit the PLEN website to learn more about seminars and view past schedules at www.plen.org





10 TIPS TO AVOID DOMESTIC VIOLENCE

Knowledge is power. Learning to recognize the distinct patterns and behaviors associated with intimate partner violence can be lifesaving.

Don't compare. Abuse is abuse, under any circumstances.

You are worthy. Believing yourself to be valuable, capable, and deserving of happiness may help give you the strength to leave a relationship.

Don't walk in unless you are willing to walk out. Make up your mind beforehand that you are comfortable ending the relationship.

Jealousy can be a destroyer. It may first feel like a welcome gift, displaying evidence of a lover's strong feelings and fear of losing you.

Beware of isolation. Can be accomplished by physically moving the victim to a remote location, away from anyone connected to partner.

Assess threats. Consider context, purpose, ability, and content.

Know if it's high-risk. Some types of abuse are more highly correlated with intimate partner homicide than others.

The abuser is not your responsibility. An abuser's job is made far easier when his victim believes they can stop the downward spiral of violence by being a better partner.

Develop a safety plan. Make a personalized safety plan with an experienced advocate.

For more tips and information check out:

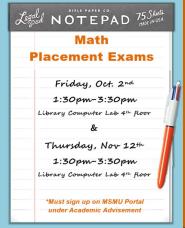
http://sealpress.com/2014/10/12-tips-to-avoiddomestic-violence/



Domestic Violence Awareness Month October, 2015









Weekend Events

Saturday 10/17

Sunday 10/18

ENJOY MID-SEMESTER Queen Mary's

Friday 10/16

SOME FUN @... HARBO

BREAK WITH

Catch A Train Ride in

Travel Town @ Griffith Park!

10am until 4:30 pm

Come join the
Mount
Community
in Mass
Mary Chapel

Chalon 7 PM



Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: athenianweekly@msmu.edu



Athenian Promise: I will respect the sanctity of the learning environment and avoid disruptive and deceitful behavior toward other members of the college community. (3 out of 6)

Volume 1. Issue No. 9

Monday, October 19, 2015

Published by the Student Affairs Office

Campus Security Safety Tips:

Campus Fire Safety Awareness Month

We can all prevent fires, by making sure all fire safety equipment (smoke detectors, fire extinguishers, exit signs, etc.) are up to date and in proper working condition. Never overload an electrical outlet or power strip. Only use extension cords on a temporary basis and never have an open flame in resident's halls or areas that are a high fire zone.

Always contact Campus Security if you see a fire.

Safety Tips are brought to you by the Dept. of Campus Security. Stay Informed, Stay Alive



REGISTRATION WEEK

Seniors - November 2nd

Juniors - November 3rd

Sophomores - November 4th

Freshmen - November 5th

ALL STUDENTS MUST MEET WITH ADVISORS PRIOR TO REGISTERING FOR CLASSES

WHERE: CHALON FITNESS CENTER

WHEN: OCT. 19th and 21st

TIME: 5:00PM - 6:30 PM

FOR MORE INFO, CONTACT:

COACH HERSHEY || hcanta@msmu.edu





What's your mood?

National Depression Screening Day

Tuesday, October 27, 2015

12:00pm - 3:00pm

Chalon Campus, The Circle

If you are feeling angry, sad, anxious or any other emotion, come to this event to TEST YOUR MOOD! It's **FREE** and anonymous!

> Giveaways and helpful resources will be provided! Please call 310-954-4114 for more info.



Presented by Counseling and Psychological Services























Volume 1, Issue No. 9

Page 2

New Shuttle Service

MSMU Transportation and Parking introduces

"The Mount Local" designed for individuals who use public transportation to get to the Chalon Campus.

University ID and transit receipt must be presented to board the shuttle.

Pickup:
Saltair & Sunset

Depart Chalon: Sunset & Bundy

7:00am 7:30am 8:30am

12:00pm 3:00pm

5:00pm



For more information Contact Transportation and Parking at (310)-954- 4044

Girl Rising - A Film Screening

"RIGHT NOW,

66 million girls

DREAM OF GOING

TO SCHOOL."

-2012 EFA GLOBAL MONITORING REPORT.



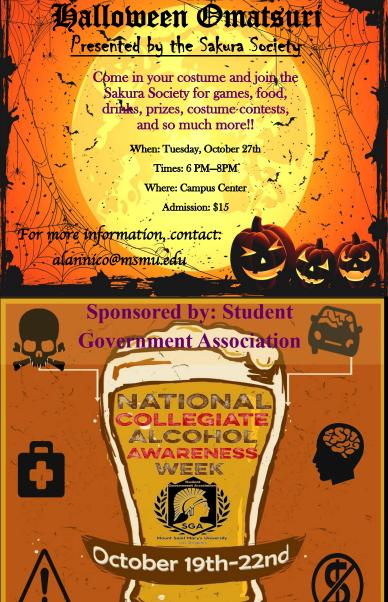
Please join us for a screening of Girl Rising. It is both a Global Campaign for Girl's Education and a reminder of how fortunate we are as students and educators to have the privilege of education!

Two Screenings of "Girl Rising"

Wednesday, October 21st 5:30pm - 8:00pm

Thursday, October 29th 5:00pm-7:00pm

Sponsored by the Learning Assistance Programs and the Scholar Mentor Club



Grammar Refresher: Punctuation and Parts of Speech

Learn to write flawless resumes, essays, and so much more. No more mistakes!

Two Sessions with David Perez:

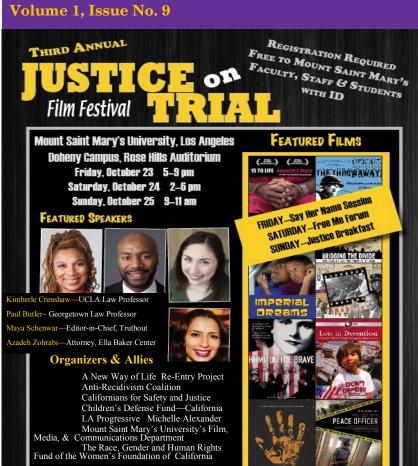
Wednesday, October 21 5:00 PM - 6:00 PM H403

Thursday, October 22 1:00 PM - 2:00 PM H402



DATE

"A synonym is a word you use when you can't spell the other one." - Baltasar Gracián Page 3



CPS Tip of the Week

Feeling Sad or Depressed?

Fill out this worksheet for yourself. Try some of these things. Repeat.

- 1. A type of exercise I can do for 15-20 minutes each day.
- 2. Healthy foods I like and can eat regularly to nurture myself.
- 3. A creative, fun, or funny activity I can do.
- 4. Three good things in my life.



Counseling and Psychological Services Chalon Office 310.954.4114, Humanities, 1st Floor Doheny Office 213.477.2668, McIntyre, 1st Floor





OCTOBER is...

323.563.3575

Breast Cancer Awareness Month

Want to learn how to do a

Tickets & Info: justiceontrialfilmfestival.org

BREAST Exam TESTICULAR Exam?



NO DISROBING NECESSARY!

Appointments available in Student Health Services during the month of OCTOBER for all eligible students.

> **90 DAY PASSPORT TO HEALTH PARTICIPATION BONUS EVENT**







For More Information call Student Health Services Chalon 310.954.4110 and Doheny 213.477.2685

STEM Speaker Series Presents:

HOW TO WRITE A STRONG & CREATIVE PERSONAL STATEMENT

TELL YOUR STORY AND FIND YOUR UNIQUE ANGLE

WHEN

October 19th, 2015 6:00pm-7:00pm WHERE

H-302, Chalon campus

This interactive workshop will allow you to feel comfortable writing about your unique background and experiences that will help you stand out from the crowd. Some topics that will be discussed:

- Who are you and what makes you unique?
- What /who is your motivation?
- . Editing tips and overview of the writing process

*ALL MAJORS **WELCOME***

PRESENTED BY:



Dr. Erica Lubliner, MD

PLEASE BRING:

Pen Notepad









engineering . math



Dine-N-Chat:

(n.) Fear of Public Speaking



When: October 22, 2015 Where: Haven Park Time: 11:30 am-12:30pm Sign up in H200A LUNCH will be provided

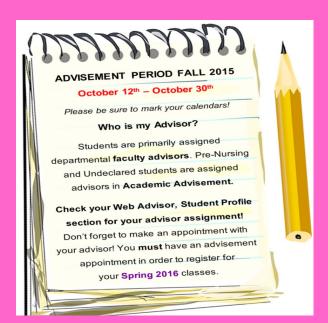


Join English and Speech Professor Dara Halperin as she shares her tools and skills in becoming an effective public speaker.

She will help students boost their CONFIDENCE and battle the FEAR of speaking in public











Weekend Events

Friday 10/23

Saturday 10/24

Sunday 10/25





LOS ANGELES HAUNTED
HAYRIDE Have a Haunting Experience at L.A.'s Haunted Hayride

Hours: 7PM to 10:30PM

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 PM for the next week's issue. E-mail: athenianweekly@msmu.edu

Athenian Weekly

Athenian Promise: I will support a culture of diversity by respecting the rights of those who differ from me. (4 out of 6)

Volume 1, Issue No. 10

Monday, October 26, 2015

Published by the Student Affairs Office

Campus Security Safety Tips: Campus Fire Safety Awareness Month

To survive a fire:

- If there is smoke in the room, keep low to the floor.
- Try to exit the room. Feel the doorknob, if it is hot, do not open the door.
- If the doorknob is not hot, brace yourself against the door and crack it open. If there is heat or heavy smoke, close the door and stay in the room
- Don't panic, call 911 and Campus Security immediately.
- Seal up the cracks under the door with sheets, or towels. If there is smoke in the room, crack the windows at the bottom and at the top, if possible to allow for ventilation.

Safety Tips are brought to you by the Dept. of Campus Security. Stay Informed, Stay Alive.

Career Services & Internships,

Community Engagement, and

Women's Leadership & Student Involvement

present

taunted Open House

Porto's available while it lasts! Free raffle with prizes!

> Wednesday, October 28th 11:00a.m.-3p.m. Dohenv

BLDG 11 upstairs Rooms 200, 211, 213

Stop by if you dare for some tricks or treats! We'll have a FRIGHTFULLY good time

CPS Tip of the Week

Some Tips for Coping with Depression:

Break big tasks into smaller ones.

Eat balanced meals and go for walks.

Spend time with people you love.

Speak to a counselor or a therapist.

Be kind to yourself and give yourself time to heal.



Counseling and Psychological Services Chalon Office 310.954.4114, Humanities, 1st Floor Doheny Office 213.477.2668, McIntyre, 1st Floor





Charity Ball 2015 tickets on sale



Pre-rale: Now-Nov. 4:\$10 At the Door: (Nov. 5):\$12

Table (8 people): \$70

Purchase tickets at 3CF and Women's Leadership & Student Involvement Office















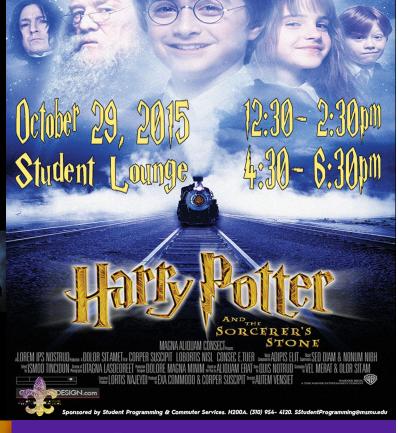




Custom Graduation Invitations & Announcements

ARTISTRYFOTO Your Oblicial Yearbook Photo Studio

201 North Brea Blvd Suite C Brea CA 92821 714.529.7360 www.artistryfoto.com Contact@artistryfoto.com



REGISTRATION WEEK

Seniors - November 2nd

Juniors - November 3rd

Sophomores - November 4th

Freshmen - November 5th

ALL STUDENTS MUST MEET WITH ADVISORS PRIOR TO REGISTERING FOR CLASSES









Auditory Screening

{Do you hear me now?}

-and-



Vision Screening

{I've only got eyes for you}

Appointments available

in Student Health Services

For More Information call Student Health Services

Chalon 310.954.4110 and Doheny 213.477.2685

Land the job



THIS IS WHAT IT MEANS TO WRITE A COVER LETTER

More often than not, people assume the cover letter is just a formality, but the thing is, your cover letter is part of a whole package and it should feel that way. Writing a cover letter for your resume requires a bit of extra care, but the result is a stronger, more impactful job application, and ultimately worth the time. The extra attention won't go unnoticed!

Four Tweaks to Get You on Track:

- Connect the Dots Ask yourself "Why did I Choose to write about these
- experiences?" and include it in your cover letter.

 Give Context to Your Resume— Your cover letter is where you can tell the whole story so that the hiring manager can visualize what you are
- doing and place you in the position.

 Answer the Obvious Questions— When a resume raises questions, the best place to answer these questions is in the cover letter.
- Present a Visually Cohesive Package Make your resume and cover letter look like they belong together.

Add Value to Your Newsletter
Keep your content as current as possible. If you publish a monthly letter, ensure you include content from only the last month. Also, use photographs and other visuals to add interest and enable the reader to

scan quickly for information.

CONNECT WITH CAREER SERVICES & INTERNSHIPS:

Chalon Campus Humanities 401 M-F 8:30am-4:30pm

(310) 954-4410

Doheny Campus Building 11, Room 213 M-F 8:00am-4:30pm

(213) 477-2852

Marlene Simon, Director msimon@msmu.edu

Angela Tilley, Assistant Director

atilley@msmu.edu

Mount Saint Mary's University: Students & Alumnae

MSMUHireAthenians

@MSMU_CareerServices

Source: https://www.themuse.com/This.is What It Means to Write a Cover Letter for Your Resume by Lily Zhang







New Shuttle Service

MSMU Transportation and Parking introduces

"The Mount Local" designed for individuals who use public transportation to get to the Chalon Campus.

> University ID and transit receipt must be presented to board the shuttle.

Pickup: **Depart Chalon:** Saltair & Sunset Sunset & Bundy

> 7:00am 12:00pm 7:30am 3:00pm

8:30am 5:00pm



SAC Presents: Halloween Bash

Partnering with

Pangkat Pilipino, Pi Theta Mu, akura Society, AACW, peration Smile & SGA

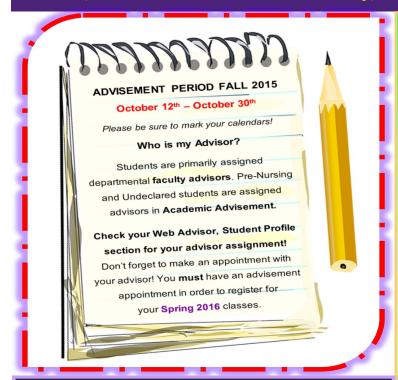
Thursday, October 29, 2015 12-2 PM

Circle

el cakes

arity Ball tickets







your mood?

National Depression
Screening Day

Tuesday, October 27, 2015 12:00pm - 3:00pm

Chalon Campus, The Circle

If you are feeling angry, sad, anxious or any other emotion, come to this event to **TEST YOUR MOOD!** It's **FREE** and anonymous!

Giveaways and helpful resources will be provided! Please call 310-954-4114 for more info.

Presented by Counseling and Psychological Services



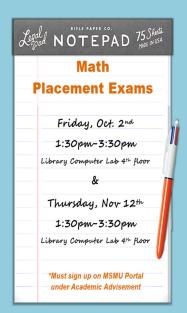
Business Office Note

The Business Office and the Office of Student Financing would like to say

THANK YOU to all the students who attended our Financial Literacy Workshops! We hope you learned something new and that you will share this new knowledge with your peers. Don't worry if you were not able to attend one of the two workshops offered this semester - we will have more workshops in the Spring!

Please follow us on Facebook for updates:
www.facebook.com/MSMUBusinessOffice

Foreign Language Placement Exams Monday, Sept 28th 11:30am-12:30pm Room: H402 & Friday, Nov 13th 2:00pm-3:00pm Room: H 201 *Must sign up on MSMU Portal under Academic Advisement





Weekend Events





Friday 10/30

Saturday 10/31

HALLOWEEN CARNAVAL

The largest Halloween street party in the world happens in West Hollywood!

Santa Monica Blvd Los Angeles, CA 90069

6 PM to 11 PM

Sunday 11/01



Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: athenianweekly@msmu.edu

Athenian Promise: I will contribute to the development of a caring community where compassion for others and freedom of thought and expression are valued. (5 out of 6)

Volume 1, Issue No. 11

Monday, November 2, 2015

Published by the Student Affairs Office

CPS Tip of the Week

Alcohol Awareness

Stay Informed, Stay Alive

Safety Tips are brought to you by Dept. of Campus Security.

MY RULES:
DON'T DRINK AND DRIVE
MAKE IT TO CLASS
NO BLACK OUTS
DON'T BECOME A PARENT
STAY IN CONTROL
NO ONE NIGHT STANDS

drinking. 1,900 die from motorcycle crashes, 1,600 a result of homicides, 300 suicide, and hundreds from other injuries such as falls, burns, and drowning 600,000 students are unintentionally injured while intoxicated. 700,000 students are assaulted by others who have been drinking. 100,000 students are victims of alcohol-related sexual assault or date rape.

Around 5,000 young people under the age

Take a few moments to take in some deep breaths. It has many

physical and mental benefits. Deep breathing increases levels of oxygen your body is gets, allowing your body to feel more relaxed and muscles to release tension. Deep breathing releases pleasure inducing chemicals to the brain, which helps elevate your mood! Deep breathing involves taking slow, long, concentrated breaths. Start by taking a slow breath in through the nose for approximately five seconds and hold for five seconds. Next, exhale slowly through the mouth, for about five seconds. Wait for a few seconds, then repeat for about 6-8 breath cycles. Try IT!



Counseling and Psychological Services
Chalon Office 310.954.4114, Humanities, 1st Floor
Doheny Office 213.477.2668, McIntyre, 1st Floor



The Athenian Print & Student Affairs Presents



OPEN MIC NIGHT

Wednesday, Nov. 11 6:00 pm - 9:00pm

Candy Bar, Coffee, & Churros Outside of Campus Center



Fall Omatsuri

Whats Japanese Club's

First Annual Fall Festival

When: Thursday, November 12,

7pm-9pm

Where: Campus Center East

Anight filled with fungames, prizes, sushi, Karaoke, a Photo booth, and much more!

Admission: \$10

Cosplay is encouraged! Come dressed as your favorite character as there will be a costume contest.

Presentation by Professor Yuki Taylor







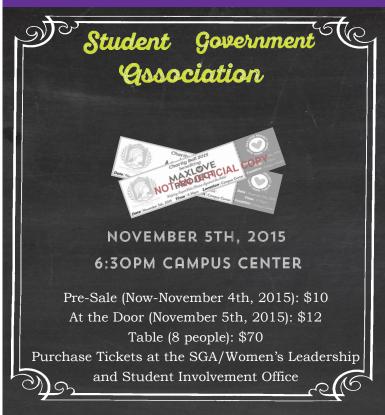


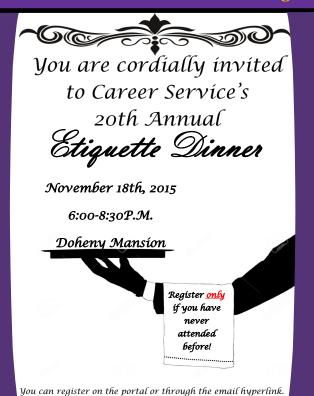












Greetings Students

Registration and Holds: Registration will begin November 2, 2015 and will be open through November 6, 2015. Please refer to your academic counselor for your specific registration time and date. Also, please note a Business Office hold will prevent registration, so please clear your account to be able to register on time to your anticipated courses.

Financial Clearance Deadlines: As you register for Spring 2016, keep in mind that your student account must be financially cleared for that term by **December 9th** (returning students) or **December 23rd** (new students).



Leliz Día de los Muertos!

Like us on Facebook: www.facebook.com/MSMUBusinessOffice

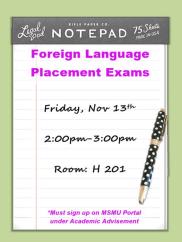
Call us or email us: 213.477.2540 / 310.954.4040/BusinessOffice@msmu.edu



Done with Summer School?

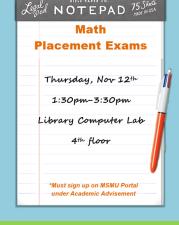
If you took summer school courses at a community college, be sure to:

- Follow the articulation agreement found under the Transfer Credit tab on the Academic Advisement portal page.
- 2. Complete and turn in a Transfer of Credit Clearance Form. These forms are located in the Academic Advisement office and on our portal page.
- Have your official, sealed transcripts from the college that you took summer courses mailed directly to the Register's office at the Mount. Until the transcripts are received, the course cannot be added to your record.
- 4. Contact Academic Advisement at x4070 with any transfer credit questions.



Povoet!

Mount Saint Mary's University



Are you enrolling in a

PHYSICAL
EDUCATION
CLASS for
SPRING 2016?

LET US KNOW WHEN YOU BRING IN YOUR



< PARTICIPATION BONUS EVENT

For More Information call Student Health Services
Chalon 310.954.4110 and Doheny 213.477.2685

Volume 1, Issue No. 11

PLEN The Public Leadership Education Network Preparing Women to Lead

Mount 🏺 Saint Mary's University

Women in STEM Policy Washington, DC

Open to sophomores and above **Seminar Dates** January 4-6, 2016

> **Application Deadline** November 11, 2015

Apply today on OrgSync: https://orgsync.com/54559/forms/148413



Launch your STEM policy career today!

Learn how to launch your career from

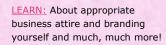
Explore careers in science, health, and technology within public, non-profit, and private sectors.

Develop professional skills by perfecting your resume and putting these skills to task upon networking opportunities with

Partial and Full Scholarships Available through Women's Leadership & Student Involvement

visit Women's Leadership & Student Involvement office: C - Leavey Commons/D - Bldg. 11 2nd Floor Visit the PLEN website to learn more about seminars and view past schedules at www.plen.org

Did you know you only have 7 seconds to make a strong first impression?



Guest Speaker:

Reena De Asis Director, **Dress for Success Worldwide West**

Dress for Success promotes the economic independence of disadvantage'd women by providing professional attire, a network of support and the career development tools to help women thrive in work and in life.

Follow them @DFSWest

Thursday, November 12TH, 2015 1-2pm H 403

Brought to you by:

Career Services & Internships in partnership with Dress for Success

> Mount 🍿 Saint Mary's University LOS ANGELES



CONGRATULATIONS TO OUR ATHENIAN DAY WINNERS

OVERALL WINNERS

1st Place: Gay Straight Alliance

3rd Place: RA Squad

TEAM AWARDS

Spirit Award: ISAE Barbaes

Hype Master Award: CNSA

2nd Place: ISAE Barbaes Unstoppable Award: Alum Team

Best Skit Award: AACW

INDIVIDUAL AWARDS

Arm Wrestling: Gay Straight Alliance Pool in One: RA Squad & Folkoristas

Dance-Off: Alum Team



When: Tuesdays 5:00-5:45 PM

Starting Oct 20th

Where: Chalon, DH 309 (Dance Studio)

Who: First 20 to arrive

Bring: Yoga Mat (exercise mat is

available if needed)



DRESS FOR SUCCESS

Meets Interviewing:

How to Succeed with Your Best Heels Forward

Join us for this free workshop. Discover how to "Dress For Success" and brand yourself for a stellar interview!

Learn great interview tips that will give you the edge over your competition!

> **Thursday, November 12** H403 1-2pm

Connect with Org Sync

Get Synced with Student life and leadership development at

Mount Saint Mary's University!



Information Storage

Clubs & Organizations

Events Management

Join Clubs/Organizations

- 1. Go to OrgSync.com
- 2. Select "Mount Saint Mary's University'
- 3. Use your MSMU username and password to access your account

Login to Your Account

4. Complete Profile Information

- 1. Login to OrgSync.com
- 2. Select "Browse Organizations"
- 3. Browse Organizations to Join
- 4. Request to Join* (clubs/organizations you would like to be part of or in which you hold a leadership position)

Women's Leadership & Student Involvement I leadership@msmu.edu | 213-477-2664 | Building 11, 2nd floor



WOMEN'S LEADRSHIP & STUDENT INVOLVEMENT

Apply on the Mount Career Network

For more information stop by the Women's Leadership office/email Brittney Plascencia-Saldana at

bsaldana@msmu.edu or www.msmucsm.symplicity.com

Apply by Friday, November 6, 2015

Do you want to build new skills?

Apply to be an Office Assistant for Women's Leadership TODAY!

Women's Leadership & Student Involvement

Doheny Campus

Building 11, 2nd floor P: 213-477-2664

The sign represents people born C



Join us for a

night of tacos,

aguas frescas,

and performances

by your Ballet

Folklorico

Club!

Pre-sale Adults

\$5 Pre-sale children

When: Thursday November 12, 6 pm

Contact msmuballetfolklorico@gmail.com

Where: Rose Hills Auditorium

Doheny Campus

\$10 At-The-Door

For Tickets!

Weekend Events

Friday 11/06

OUT TODAY!

SPECTRE

Saturday 11/07



Sunday 11/08

Hate getting wet in the rain? What if you could walk through rain & stay dry...

Get your popeorn & movie candy ready! Enjoy another 007 adventure.

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 PM for the next week's issue. E-mail: athenianweekly@msmu.edu

Athenian Promise: I will honor, challenge, and contribute to the scholarly heritage left by those who proceeded me and worked to leave this a better place for those who follow. (6 out of 6)

Volume 1, Issue No. 12

Monday, November 9, 2015

Published by the Student Affairs Office

Ideas?

Psst...We want your feedback!

Athenian Weekly

We are looking for students to provide us with their thoughts on how to improve the Athenian Weekly!

Let us know what you think I where we can improve!
We're lovely people I open to suggestions.

Thank You,

your marvelous, Athenian Weekly Staff

Send your ideas Here https://www.surveymonkey.com/r/NF5HRSD

Brought to you by Student Affairs

Scholar Fair

It's an Intellectual Blast

Play wisely with educational games at the Scholar Fair!

Date: Thursday, November 17th Time: 1:00 - 3:00PM

Place: The Circle on Chalon

Sponsored by the Scholar Mentor Club in partnership with Learning Assistance Programs

To participate with a booth or game suggestions, please contact Dr. Micah Daily at 310.954.4142 or mdaily@msmu.edu

THINK CIVILITY

think kindness

Take the Kindness Week Challenge!

I.			198
	Day 1	Monday November 9, 2015 (Instagram, Facebook, etc.)	#MountCivility Show Your Kindness by posting a picture, short video, and other examples on social media showing acts of kindness and using the hashtag #MountCivility
	Day 2	Tuesday November 10, 2015 Circle 12:00pm—2:00pm	Attend the Anti-Bullying Campaign and take the pledge to end bullying.
	Day 3	Wednesday November 11, 2015 Administration Lawn 12:30pm—2:00pm	Create and decorate felt hearts to give to others as a sign of appreciation and thanks.
	Day 4	Thursday November 12, 2015 Administration Lawn 12:30pm—2:00pm	Join the Mount Civility Project & the Gardening Club to create a Tree of Kindness.
	Day 5	Friday November 13, 2015	Winner of the Kindness Challenge will be announced via Email and Portal Announcement!

















Did you know you only have <u>7 seconds</u> to make a strong first impression?



DRESS FOR SUCCESS

Meets Interviewing:

How to Succeed with Your Best Heels Forward

Join us for this free workshop. Discover how to "Dress For Success" and brand yourself for a stellar interview!

Learn great interview tips that will give you the edge over your competition!

Thursday, November 12 H403 1-2pm **LEARN:** About appropriate business attire and branding yourself and much, much more!

Guest Speaker:

Reena De Asis Director,

Dress for Success Worldwide

West

Dress for Success promotes the economic independence of disadvantaged women by providing professional attire, a network of support and the career development tools to help women thrive in work and in life.

Follow them @DFSWest

Thursday, November 12TH, 2015 1-2pm H 403

Brought to you by:
Career Services & Internships
in partnership with
Dress for Success

Mount Saint Mary's University

Alcohol Awareness

Underage drinking can lead to heavy drinking later in life.

Continued use of alcohol can lead to acute consequences & medical problems such as cancers of the oral cavity, larynx, pharynx, esophagus; liver cirrhosis; panereatitis; & hemorrhagic stroke.

(U.S. Department of Health and H<mark>u</mark>man Services, Office of the surgeon General. March 2007. The Surgeon General's Call to Action

To Prevent and Reduce Underage Drinking.)

Safety Tips by the Dept. of Campus Security.

CPS Tip of the Week

Benefits of Writing in a Journal

- ⇒ Journaling can help you release the intensity of the emotions you are feeling.

 By releasing painful emotions you can feel calmer and less stressed.
- ⇒ Journaling gives you a safe space to explore your personal thoughts and feelings; reflecting back on what you have written can bring you closer to yourself.
- Reading what you have written can help you better organize your thoughts and feelings. When things feel jumbled up inside, writing can help you gain a clearer picture of what you are experiencing.
- Journaling provides an opportunity for quiet time.
- ⇒ Journaling allows you the freedom to think and feel how you want without judgment, no one telling you how to feel, including yourself!



Counseling and Psychological Services Chalon Office 310.954.4114, Humanities, 1st Floor Doheny Office 213.477.2668, McIntyre, 1st Floor







Weekend Events



Show Your Kindness ALL DAY

Submit a picture via Social Media

Use #MountCivility

Submissions may include a brief paragraph, a short video clip or photo.

The best submission will win a grand prize and be

announced Friday, November 13th

Friday 11/13

Take a trip to *Sawtelle* and try **Tsujita L.A.**

Ramen is the perfect meal for cold weather.

Hours: 11:00 AM to 2:00 AM

Saturday 11/14

The Grammy Museum

College Students: \$11.95 (Valid ID required)
Groups: \$10.00 (10 or more persons)

800 West Olympic Boulevard A245, Los Angeles Hours: 10:00 AM – 6:30 PM JOIN the Mount Community Attend Mass at the Mary Chapel

Sunday 11/15

Time: 7 PM

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: athenianweekly@msmu.edu

Athenian Promise: I will embrace the concept of a civil community which does not tolerate violence, theft, bigotry, or harassment of others in any form. (1 out of 6)

Volume 1, Issue No. 13

Monday, November 16, 2015

Published by the Student Affairs Office



Safety Tips Alcohol Awareness – Fact 3

National Council on Drug Dependency reports Underage alcohol use increases the risk of physical and sexual assault, illicit drug use, and tobacco use; and can cause a range of physical consequences, from hangovers to death from alcohol poisoning. It can cause alterations in the structure and function of the developing brain, which continues to mature into the mid— to late twenties, and may have consequences reaching far beyond adolescence.

reaching far beyond adolescence.
(U.S. Department of Health and Human Services,
Office of the surgeon General. March 2007. The
Surgeon General's Call to Action To Prevent and
Reduce Underage Drinking.)

Brought to you by Campus Security, Stay Informed Stay Alive



President Ann McElaney– Johnson invites you and your family to join the Mount Community to celebrate



CHRISTMAS OPEN HOUSE SUNDAY, DECEMBER 6, 2015 2:00—4:00 P.M.

Mount Saint Mary's University
Dohney Mansion 10 Chester Place, Los Angeles

Carolers in turn-of-the-century costumes

Mansion lectures by Don Sloper, author of "Chester Place"

Sweet and savory treats

RSVP to Susan Lee at slee@msmu.edu or 213.477.2962



Please join our efforts to share the joy of Christmas by bringing a new unwrapped toy to this event.

The gifts will be donated to CSI-sponsored ministries.

















Did you know that walking produces endorphins which can help you reduce stress hormones and put you in a better mood? In fact, walking can be one of the easiest ways to destress; all you need is yourself, ten minutes, and the outdoors! Easy, right?!

You might ask, how can something so easy be so good? Well, here are some reasons why walking is a great way to destress:

- Connecting to nature can help you forget about the stressful things you have going on in life
 - You can do it with a friend, family, or your pet
 Promotes healthy breathing

what are you waiting for? Get out there and



Counseling and Psychological Services Chalon Office 310.954.4114, Humanities, 1st Floor Doheny Office 213.477.2668, McIntyre, 1st Floor



Like us on Facebook at MSMU.CPS

I SAW YOU MISSED SOME DEADLINES



Spring 2016 Financial Clearance

Message from the Business Office

Greetings Students!

ADD TO THE RESERVE OF THE PARTY OF THE PARTY

Deadline: For traditional undergraduates, your student account must be financially cleared by December 9th (returning students) or December 23rd (new students).

Spring 2016 Health Insurance Waiver: The new waiver will be available soon at www.msmu.edu/insurance – expect an email reminder. The deadline to complete the waiver is January 31, 2016.

Looking for Work-Study: Our office at Doheny is hiring, Chalon and Doheny students are all welcome to apply. Send a cover letter and a copy of your resume to MSMU's Bursar. Deborah Lowe at klowe@msmu.edu.

Like us on Facebook: www.facebook.com/

MSMUBusinessOffice

Call us or email us: 213.477.2540/310.954.4040/

BusinessOffice@msmu.edu



It's an Intellectual Blast

Play wisely with educational games at the Scholar Fair!

Date: Tuesday. November 17th Time: 1:00 - 3:00PM

Place: The Circle on Chalon Campus

Sponsored by the Scholar Mentor Club and Learning Assistance Programs

To participate with a booth or game suggestions, please contact Dr. Micah Daily at 310.954.4142 or mdaily@msmu.edu



ome Relaxation Into Your Holidays!

TUESDAY, November 24th 2015, 12:00pm - 3:00pm Hannon Parlor and The Circle



Gingerbread Building & **Other Holiday Crafts!** Snacks!

Free Massages! (appointment recommended)



ll 310-954-4110 starting Nov. 17th schedule a massage appointment

All Events are <u>FREE</u> and sponsored by:

Counseling and Psychological Services: 310-954-4114





Well-behaved women seldom make history.







SPRING 2016
WST 10: Intro to Women's Studies
Chalon
Dr. Pat Ash
pash@msmu.edu



STEM's Speaker Series: Dr. Kate Sleeth



City of Hope is a Nationally Ranked Hospital for Cancer by US News. It also has a graduate school? Dr. Sleeth, Graduate & Professional Studies Program Director, will speak about the various graduate programs offered as well as her personal journey towards a PhD in Biochemistry!





When: Thursday, November 19

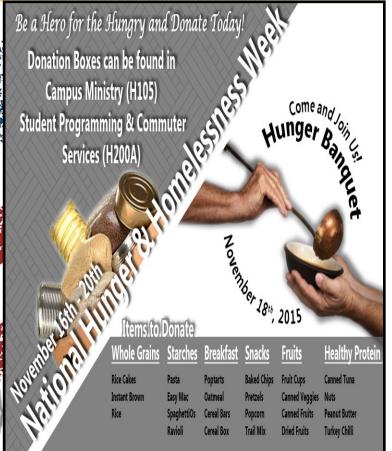
1:00 - 2:00 pm

Where: H-201



ALL MAJORS WELCOME





FREE GIFT FOR ALL **PARTICIPANTS**

TAKE THE PLEDGE TO QUIT or NEVER START

SMOKING!

IN STUDENT HEALTH SERVICES

Ditch the Lighter, Trash Your Pack

GREAT AMERICAN SMOKEOUT

Thursday, November 19, 2015





PASSP(**)RT

PARTICIPATION BONUS EVENT

For an appointment, call Student Health Services Chalon 310.954.4110 and Doheny 213.477.2685

Feeling like you need to relax? Don't stress out just yet.

Take an hour for yourself and come to the CPS drop-in relaxation workshop that will be meeting once a month in the residence halls.

Learn different relaxation techniques such as deep breathing, progressive muscle relaxation, guided imagery and meditation.

Who: On-Campus residents only

When: November 17, 2015, from 5-6 pm!

Where: Brady, First Floor

Why: Because you deserve it!

What do I bring: Nothing! Just yourselves +

lear comfortable clothing you can relax in.



Make your mark on the world & join Oxfam for our last general meeting of the semester! Learn about our upcoming cactus fundraiser, plans for Spring 2016, & much more!

> Monday, November 16th 6:30pm-7:30pm **Hannon Parlor**



THURSDAY, NOVEMBER 19, 2015 HANNON THEATRE PRE-SALE: \$8 | AT DOOR: \$10

All proceeds will go to ABS-CBN Bayan Ni Juan for sustainable community development in the Phillipines!



6:30-8:30 PM

Please join the Mount tradition of music, food, friends,

and joy!





Weekend Events



Friday 11/13

Head down to your local theater & catch "THE 33

Inspired by the miners in Chile

Saturday 11/14

Enjoy the Chilly Weather with some

KIce Skating Fun @ Ice in Santa Monica

Saturday: 10:00am - Midnight Admission with Skate Rental: \$15

Sunday 11/15

Attend Mass at Mary Chapel with the Mount Community MASS @ 7 PM

Celebrate Hunger and Homeless Week November 16-22

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 PM for the next week's issue. E-mail: athenianweekly@msmu.edu

Athenian Promise: I will commit myself to the pursuit of knowledge with personal integrity and academic honesty. (2 out of 6)

Volume 1, Issue No. 14

Monday, November 23, 2015 Published by the Student Affairs Office

ARE YOU STAYING IN THE RESIDENCE HALLS THIS THANKSGIVING BREAK? If so, please make sure to do the following: for the Thanksgiving Census (located in your designated RA's door) by

if you are planning to stay between T It is important you sign-up so we can account for you in case of an emergency. Students will still be allowed to enter campus if they do not sign-up but they will have to sign in and out at the Main Gate every time entering and exiting campus.

Residence Life and Food Services will be hosting a Thanksgiving Dinner on You **MUST** indicate your attendance on the Thanksgiving Census Sheet so enough food can be prepared.

Contact the Residence Life or your designated RA



E G 0 G 0 0 T П S S V 0 E G S N M C Q D D S E A N 0 N K Z Т S Ε S T T

See how many of these newspaper related words you can find in the puzzle. The words can be forward, backward or diagonal,

- 1. GIVING
- 2. THANKS
- 3. THANKSGIVING
- 4. HOLIDAY
- 5. GRATEFUL
- 6. GRATITUDE
- **KINDNESS**
- 8. CARING
- 9. FAMILY
 - 10. FRIENDS
 - 11. HEALTH
 - 12. APPRECIATE

13. RESPECT 14. THANKFUL 15. POLITE 16. MANNERS

Some Relaxation Into Your Holidays!

TUESDAY, November 24th 2015, 12:00pm - 3:00pm

Hannon Parlor and The Circle

Gingerbread Building & Other Holiday Crafts! Snacks!

Free Massages!

(appointment recommended)

All Events are <u>FREE</u> and sponsored by:



සි Holiday Safety



Safety Tips: By the Dept. of Campus Security. Stay Informed, Stay Alive

With the Holiday's rapidly approaching it's important to remember safety when you are shopping. Take a few precautions before hitting those sales. Only carry items that you will need.

Don't take all your credit cards and only carry the amount of cash you will need. Avoid taking a purse if possible and carry your wallet in your front pocket. If you need to use an ATM, use one in a very well-lit public place or inside a shopping mall. Try to park close to your destination and stay away from bushes or someone can surprise you when you come back to your vehicle. If you feel you are being followed back to Campus, inform Campus Security immediately.

















President Ann McElaney-Johnson invites you and your family to join the Mount Community to celebrate



(hvistmas)Magi at the Mansion)

CHRISTMAS OPEN HOUSE SUNDAY, DECEMBER 6, 2015 2:00—4:00 P.M.

Mount Saint Mary's University Dohney Mansion 10 Chester Place, Los Angeles

Carolers in turn-of-the-century costumes Mansion lectures by Don Sloper, author of "Chester Place" Sweet and savory treats

RSVP to Susan Lee at slee@msmu.edu or 213.477.2962

Please join our efforts to share the joy of Christmas by bringing a new unwrapped toy to this event. The gifts will be donated to CSJ-sponsored ministries.

Sagittarius Horoscope Nov.23.2015

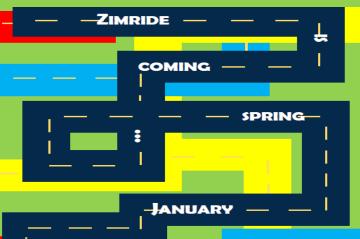
Motto: I SEEK!

Symbol: Archer, an individual aiming high, having a positive outlook on life and great charisma.

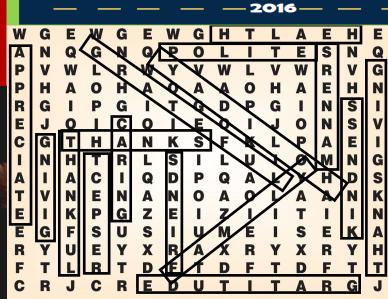
Opposite sign: Gemini.

Element: Fire. This is an element said to rule over signs born on November 23 who are versatile and enthusiastic individuals. Fire heats air, makes water boil or models earth when combined with the other three elements.

Coming soon to Mount Saint Mary's University



Be on the look out for more details !



See how many of these newspaper related words you can find in the puzzle. The words can be forward, backward or diagonal.

- 1. GIVING
- 2. THANKS
- 3. THANKSGIVING 4. HOLIDAY
- 5. GRATEFUL 6. GRATITUDE
- 7. KINDNESS 8. CARING
- 9. FAMILY 10. FRIENDS
- 11. HEALTH
- 12 APPRECIATE
- 14. THANKFUL
- 13. RESPECT 15. POLITE

16. MANNERS



Weekend Events



Saturday 11/28

Sunday 11/29



Friday 11/27

Gear up for the Christmas shopping season! May the odds be ever in your favor.

Check out Disney Pixar's newest creation!



In Theaters TODAY!

Santa is on his way!

pread your Christmas cheer at Hollywood's 83rd Annual **Christmas Parade** rting @ 5pm On Sunset Blvd

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: athenianweekly@msmu.edu

Athenian Promise: I will respect the sanctity of the learning environment and avoid disruptive and deceitful behavior toward other members of the college community. (3 out of 6)

Volume 1, Issue No. 15

Monday, November 30, 2015

Published by the Student Affairs Office

Message from the Business Office

Spring 2016 Financial Clearance Deadline:

For traditional undergraduates, your student account

must be financially cleared by

December 9th (returning students) or

December 23rd (new students).

Happy

Spring 2016 Health Insurance Waiver: The waiver is available online, and the deadline to complete the waiver is January 31, 2016.

Office Hours during the Holidays: The university will be closed December 24, 2015 to January 3, 2016.

When: Finals week

December 7th,8th,9th

Where: Student Lounge

Time: 10:00am-6:00pm

Join us for some delicious cookies and warm tea!

President Ann McElaney– Johnson invites you and your family to join the Mount Community to celebrate



Christmas Magic at the Mansion

CHRISTMAS OPEN HOUSE SUNDAY, DECEMBER 6, 2015 2:00—4:00 P.M.

Mount Saint Mary's University
Dohney Mansion 10 Chester Place, Los Angeles

Carolers in turn-of-the-century costumes

Mansion lectures by Don Sloper, author of "Chester Place"

Sweet and savory treats

RSVP to Susan Lee at slee@msmu.edu or 213.477.2962

Please join our efforts to share the joy of Christmas by bringing a new unwrapped toy to this event. The gifts will be donated to CSJ-sponsored ministries.

Campus Security Safety Tips

If you are staying local for the Holiday's make sure your windows and doors are locked even if you are gone briefly. It doesn't take a thief very long to get in and out with your valuable items. You can leave a radio or television on while you are away from your home to further support the illusion that someone is at home. Con artists posing as representatives of charitable organizations may be more prevalent during the holiday season. Always ask for their organization's issued identification. If in doubt, do not contribute! If you are uncomfortable with a stranger approaching your home, do not open the door. If you see something suspicious immediately notify local law enforcement! If you are going out of town for the Holiday's again make sure all windows and doors are locked, but also using timed lights are highly recommended. You also want to ask a friend or family member to go by and make periodic checks on your home.

Have a Safe Holiday Season!

by the Department of Campus Security. Stay Informed, Stay Alive.







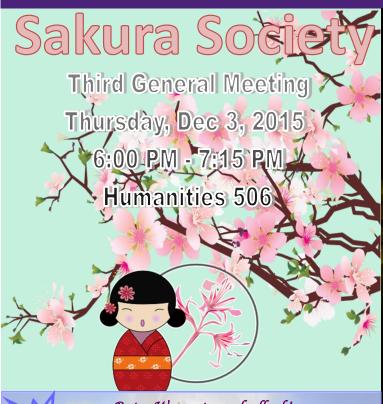












Psst...We want your feedback!

Athenian Weekly

We are looking for students to provide us with their thoughts on how to improve the Athenian Weekly!

Let us know what you think L where we can improve!
We're lovely people L open to suggestions.

Thank You,

Hour to kill?

your marvelous, Athenian Weekly Staff

Send your ideas Here https://www.surveymonkey.com/r/NF5HRSD

Brought to you by Student Affairs

CPS Tip of the Week

Music to Relieve Stress

Ever notice how specific songs can put you in a certain mood? This is because music has great effects on our emotions and our body. Think about it, does Justin Bieber make you feel happy or make you want to get up and dance? Does Adele make your heart feel heavy or just want to cry? Interestingly, research shows that faster tempos can make you feel more positive, while slower tempos can relax your mind and muscles. Music can be a fun and effective way to relieve stress and relax. The best part is, music is easy to access and has immediate benefits!

Tune into music and out of stress!

Rise to music, set your alarm to something soothing or uplifting.

Try singing along to your favorite songs.

Learn how to play an instrument.

Dance to your favorite beat!

If you are a commuter, play some relaxing music on your way to school or work.



Counseling and Psychological Services Chalon Office, 310.954.4004, Humanities 1st floor Doheny Office, 213.477.2668, McIntyre 1st floor



FUN FACT:

The modern day orange carrot wasn't cultivated until Dutch growers in the late 16th century took mutant strains of the purple carrot and gradually developed them into the sweet, plump, orange variety we have today. It is thought that the modern day orange carrot was developed by crossing the mutated yellow and white rooted carrots as well as varieties of wild carrots, which are quite distinct from cultivated varieties.



Weekend Events



Friday 12/04

Watch planes take off @ the

Santa Monica Airport Observation Deck

Located on 3223 Donald Douglas Loop South

Keep in mind you won't see any planes 11pm—7am on Weekdays 11pm—8am on Weekends

Saturday 12/05

Holiday Shopping? Check out
Artisanal LA Holiday
City Market

Old Town Pasadena

150 Local Makers + 150 Indie Businesses + 3 City Streets & Alleys Holly Street & Beyond **Sunday 12/06**



Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: athenianweekly@msmu.edu

Athenian Promise: I will support a culture of diversity by respecting the rights of those who differ from me. (4 out of 6)

Volume 1, Issue No. 16

Monday, December 7, 2015

Published by the Student Affairs Office

Campus Security Safety Tips

Holiday's = Social Events. So please be responsible out there. Never go to a party or gathering alone. Let others know where you will be. Make sure your phone is fully charged. NEVER leave your drink unattended. It's an easy way someone can put something in your drink. Do not get into a vehicle with a driver that has been drinking. Arrange for an official designated driver who will not drink at all.

Remember safety first to ensure a fun and safe Holiday Season for you and your loved ones! If you will be attending parades, pay attention to your surroundings. If you see a suspicious package inform law enforcement immediately.

Have a safe Holiday Season!

Safety Tips are brought to you by the Department Stay Informed, Stay Alive. Campus Security. WORD SEARCH

E N T C

Happy Holidays Christmas Vacation

HAPPY

- 5. Family Presents
- 9. Shopping

- 14. Songs 15. Movies

. Message from the Business Office

Spring 2016 Financial Clearance Deadline:

For traditional undergraduates, your student account

must be financially cleared by

December 9th (returning students) or

December 23rd (new students).

Spring 2016 Health Insurance Waiver: The waiver is available online, and the deadline to complete the waiver is January 31, 2016.

Office Hours during the Holidays: The university will be closed December 24, 2015 to January 3, 2016.



When: Finals week

December 7th, 8th, 9th

Where: Student Lounge

Time: 10:00am – 6:00pm

Join us for some delicious cookies and warm tea!























and call to book appointments in

Student Health Services to complete your



Chalon 310.954.4110

Doheny 213.477.2685

Chilly Weather?

Did you know: Emperor Penguins live out the



Antarctic Winter in -60°C (-76°F) and blizzards of 200 km/h (124 mph) weather conditions.



Friday 12/10

Saturday 12/11

Sunday 12/12

Head Out To The Annual Holiday

Dec 4—Jan 3 6-10 pm Adults: \$13 Enjoy A Stroll Down.



5966 Lubao Ave, Woodland Hills, CA 91367

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: athenianweekly@msmu.edu



Athenian Promise: I will embrace the concept of a civil community which does not tolerate violence, theft, bigotry, or harassment of others in any form. (1 out of 6)

Volume 1, Issue No. 1

Monday, January 11, 2016

Published by the Student Affairs Office

COMMUTER REGISTRATION

Get Your Spring 2016 Semester Sticker

& Locker Registration

*Lockers are give on first come first serve basis.

Proof of lock must be shown at this time.

Bring

Receive

Commuter Sticker



Monday, January 11, 2016

SPCS Office—Humanities 200A

CIRQUE DU SOLEIL - KURIOS

Mount in the City Presents...

Friday, January 22, 2016 at 5:10PM RSVP AT H200A

Please bring your current MSMU student ID & a \$10 non-refundable deposit









@MSMU_SPCS

@MSMUStudentProgramming @MSMU_SPCS

@MSMU_SPCS

Questions? Contact us! Student Programming and Commuter Services | (310) 954-4120 | H200A | studentprogramming@msmu.edu

Are You Ready To Hoop?!

Grab your sneakers and come tryout for the Mount Saint Mary's University Women's Club Basketball team!

Tryouts will be held Tuesday, January 19th from 6pm-8pm and Wednesday, January 20th from 7pm-9pm. Both tryouts will be at the MSMU Chalon Fitness Center.

All students are welcome!

For more information or any questions, contact Coach Brittany White at bwhite@msmu.edu or 313.443.9523.







CAMPUS MINISTRY



WELCOME BACK CHOCOLATE CHIP COOKIES! Monday, January 11th, 2 p.m., H105

HUMAN TRAFFICKING AWARENESS DAY

Monday, January 11th, 11:30 a.m., The Circle

SUNDAY MASS

Sunday, January 17th, 7 p.m.

Questions? Contact Campus Ministry! campusministry@msmu.edu x4125 (Chalon) x2672 (Doheny)

















MSMU SPRING FORMAL SORORITY RECRUITMENT 2016

SAVE THE DATE!

Recruitment Registration Deadline: <u>January 15</u> at 3:30 pm

To sign up online visit: https://orgsync.com/54559/ forms/172514

ΘΑΣ

ΚΔΧ

Meet the Greeks Information Sessions:

Tuesday, January 19

1:00 - 2:00PM and 5:00 - 6:00PM

Both held in Hannon Theater

This is your chance to meet members from Theta Alpha Sigma and Kappa Delta Chi.

ELIGIBILITY:

Full-Time Undergraduate Student

2.5 Cumulative GPA or higher

*Doheny students must transfer to the Chalon campus for the

Fall 2016 semester

All interested students must <u>sign up online</u> and attend an information session.

FOR MORE INFORMATION CONTACT

WOMEN'S LEADERSHIP AND STUDENT INVOLVEMENT:

Chalon:

Doheny:

Leavey Commons, Ground Floor

Building 11, 2nd floor

(310) 954-4350

(213) 477-2983

leadership@msmu.edu

CPS Tip of the Week

How to make **SMART** resolutions:

Specific

Narrow it down to reflect exactly what you want to achieve. What,

where, and how often?

Measurable

Decide how you will keep track of progress. Keep yourself accountable.

Attainable

It should challenge you while also being realistic. Anticipate obstacles.

Relevant

It should reflect what is important and worthwhile to you, and be applicable to where you are in your life currently.

Time-bound

Make a timeline that includes when you will start, how much time you may need, and if there is a deadline.



Counseling and Psychological Services Chalon Office, 310.954.4004, Humanities 1st floor Doheny Office, 213.477.2668, McIntyre 1st floor



PED CLASS at CHALON:

Register now during add/drop week before it's too late.

Class	Day	Time
Ballet	M	5:00-6:30pm
Cardio Dance	Tu/ Th	11:20am- 12:20pm
Jazz	M/W	7:30pm-8:30pm
Lifeguarding	F	1:00-5:00pm (6 Fridays only)
Yoga	M/W	4:00-5:00pm

2

Weekend Events



Friday 1/15

Saturday 1/16

Sunday 1/17

Come and work out at the Fitness Center to start the new year healthy!!



Come and enjoy

alass, which begins

at 7:00pm!!

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: athenianweekly@msmu.edu

Athenian Promise: I will commit myself to the pursuit of knowledge with personal integrity and academic honesty. (2 out of 6)

Volume 1, Issue No. 2

46

Monday, January 18, 2016

Published by the Student Affairs Office

Driving Safety Awareness

California law states that all drivers must use hands-free equipment while talking on their cell phone.

- If caught, you will be charged \$20 for the first offense and \$50 for each subsequent offense.
- Be aware that after penalty assessments are weighted in, fines could actually triple.

According to Distraction.gov, 21% of drivers 15-19 years old involved in fatal crashes were distracted by the use of cell phones (NHTSA). Safe driving is smart driving and will increase your chances of getting to your destination safely.

If you witness unsafe driving, report it to local law enforcement or if you witness unsafe driving on Campus, report it to Campus Security. If you want to remain anonymous visit Campus Security on the portal page and click on If You See Something, Say Something.

You could just be saving a life.



fety Tips are brought to you by the Dept. of Campus Security. Stay Informed, Stay Alive.



Weeks To Connect

5 weeks, 15 activilies, 15 prizes

Step One:

Follow us @msmu_spcs on Instagram & @MSMUStudentPrograming on Facebook!

Step Two:

Complete the activity of the week!

Step Three:

Instagram a photo of you completing the activity with #SPCS Iwannawin (Be sure to have your Profile Public)

JANUARY

Week 2- 1/18: Take a Picture hanging out in the Student Lounge Week 3- 1/25: Take a Selfie with the Statue of Mary in the Circle

Sponsored by Student Programming and Commuter Services. H200A. 310.954.4120. Studentprograming@msmu.edu

Mount in the City Presents...



CIRQUE DU SOLEIL - KURIOS

Friday, January 22, 2016 at 5:10PM

RSVP AT H200A

Please bring your current MSMU student ID & a \$10 non-refundable deposit









STEM's Speaker Series: Dr. Laura Guadiana



Are you interested in becoming a Physician? Tuesday, January 19th

Join us to hear about Dr. Laura Guadiana's journey. Dr. Guadiana received her Bachelor of Science in Biology with a minor in Spanish and attended UC Davis for medical school. Currently, Dr. Guadiana is a Faculty Physician at Long Beach Memorial Family Medicine.

ALL MAJORS WELCOME

When:

1:00pm - 2:00pm

Where:

Campus

Center East



STEM

science · technology



















Where: Chalon Campus Center

When: January 28 from 12:00-2:15 p.m.





campusministry@msmu.edu | x4125 (Chalon) | x2672 (Doheny)



MERCY TUESDAY CHOCOLATE CHIP COOKIES!





MAG HOUSE OPEN HOUSE Wednesday, January 19th, 7:30 p.m., Aldworth

Curious about our Christian Living Community? Take a visit to the house, meet the ladies, and see what it's all about!

SUNDAY MASS & VISITING THE HOMELESS



Sunday, January 17th 5:45 p.m., Pack the meal bags in H105 7 p.m., Meals are blessed at Mass8 p.m., Deliver to our neighbors in Santa Monica



Senior Portraits

<u>Sign up online@www.artistryfoto.com</u>

A credit card is required to secure your session BUT will not be charged untill after your session NO SHOWs will incurr a \$20, fee. If you cancel it must be done 48 hours prior to your session OR



IT'S NOT TOO LATE

We are offering a SECOND CHANCE TO WIN A

FitBit Surge!



Come into Student Health Services throughout the Spring Semester for services featured in the to receive an entry!



GOOD LUCK!

All current entries will be kept and will be eligible for a second drawing in mid-April.

90 DAY PASEDOR TO HEALTH SEP



Weekend Events



Friday 1/22

Saturday 1/23

Sunday 1/24

Have a sweet tooth? Indulge in some delicious desserts at

ARTISTRYFOTO

Down on Sawtelle Blvd. Hours: 12PM to 11PM







Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: athenianweekly@msmu.edu

Athenian Promise: I will respect the sanctity of the learning environment and avoid disruptive and deceitful behavior toward other members if the college community. (3 out 6)

Volume 1, Issue No. 3

Monday, January 25, 2016

Published by the Student Affairs Office



Driving Safety Awareness

It's illegal to read, write, or send a text message. The law pertains to all drivers. If caught, you will be charged \$20 for the 1st offense \$50 for each subsequent offense. Be aware that fines can triple. The Uniform Bail and Penalty Schedule states the addition of penalty assessments charges is \$76 1st offense & a \$190 2nd offense. Insurance Institute for Highway Safety states texting and driving kills 11 teens everyday. Be responsible. Safe driving is smart. It increases your chances to get to your destination safely. Report bad driving. If you want to be anonymous visit Campus Security on the portal & click If You See Something, Say Something.

Brought to you by Campus Security. Stay Informed, Stay Alive

YOU DON'T WANT THEM RESPONDING TO YOUR TEXT.





Week One: What is Civility?



"Incivility" is typically defined in behavioral terms, referring to commonplace actions and interactions that are perceived as rude, inconsiderate, or disruptive. Accordingly, "civility" indicates the sort of respectful, polite behavior deemed essential to the orderly functioning of modern society. (adapted from UC Davis)

Civility is about more than just politeness, although politeness is a necessary first step. It is about disagreeing without disrespect, seeking common ground as a starting point for dialogue about differences, listening past one's preconceptions, and teaching others to do the same. Civility is the hard work of staying present even with those with whom we have deep-rooted and fierce disagreements. It is political in the sense that it is a necessary prerequisite for civic action. But it is political, too, in the sense that it is about negotiating interpersonal power such that everyone's voice is heard, and nobody's is ignored. And civility begins with us. (from Institute for Civility in the Government)

Think Civility Tips are brought to you by The Mount Civility Project.

DINE-N-CHAT Presents: PSYCHOLOGY ** Dr. Aloha Buenaventura



Attend for a special conversation with Dr. Aloha Buenaventura about her educational career, psychotherapist experiences, and journey to the Mount.

LUNCH WILL BE PROVIDED!

DATE: Thursday, JANUARY 28th, 2016

TIME: 2:00 PM

LOCATION: Campus Center Plaza

Sign up in H200A

Mount 🎁 Saint Mary's University

Career Services & Internships



CHALON CAMPUS

January 25, 2016

6:00-8:00 PM

Campus Center

DOHENY CAMPUS

February 1, 2016

4:30-6:30 PM

Donohue Center

Nursing Panels Spring 2016

Discover what you need to be a successful candidate and learn what the following hospitals have to offer! There will be a panel discussion at each campus, followed by Q&A, and an opportunity to connect individually with the following:

CHALON:

Army Nurse Program City of Hope COPE Health Solutions* Kaiser Permanente Navy Nursing Providence Consortium** UCLA Health System **USC** University Hospital Valley Presbyterian

DOHENY: Army Nurse Program

Navy Nursing Pacific Alliance Medical Center Providence Consortium ** St. Francis Medical Center PrepStep-RN **USC** University Hospital

·COPE Health Solutions Includes:

Glendale Adventist, Simi Valley, White Memorial

**Providence Consortium includes:

Tarzana, Holy Cross, Saint Joseph's, Saint John's, Little Company of Mary

Bring 5-10 copies of your resume and dress professionally For more information, visit the Career Services & Internships' Portal Page

















CPS TIPS OF THR WEEK How To Make Smart Resolutions

S Specific

Narrow it down, what do you want to achieve? Not specific: "Get healthier" or "Exercise

Specific: "To decrease stress and improve health by walking."

M Measurable

Decide how to keep track of your progress, work

towards achieving your goal.

Not Measurable: "I will walk often."

Measurable: "I will walk for at least 30 minutes, 5 times a week.

A Attainable

Make sure your goal is reasonable. You want it to challenge you while not being too extreme. Not Attainable: "I will walk 6 miles in 30 minutes.

Attainable: "I will walk at least 1.5 miles in 30 minutes.'

R Relevant

It should reflect what is important and worthwhile to you, and be applicable to where you are in your life currently.

Not Relevant: "I really don't think walking will help me.

Relevant: "I value exercise and there are walking trails nearby.'

T Time-bound

Make a timeline that includes when you will start, how much time you may need, and if there is a deadline.

Not Time-bound: "I might start next month if I feel like it.

Time-bound: "I will start tomorrow and end in one month.'



Counseling and Psychological Services Chalon Office, 310,954,4004, Humanities 1st floor Doheny Office, 213.477.2668, McIntyre 1st floor at MSMU.CPS



What is SGA working on? What has SGA accomplished? How do SGA decisions benefit me?



Join us at our Weekly Meetings!

DATE: Every Thursday

TIME: 1:00pm-2:00pm

LOCATION: Hannon Parlor



Phone: (310) 954-4070 • Room: H401 Email: advisement@msmu.edu

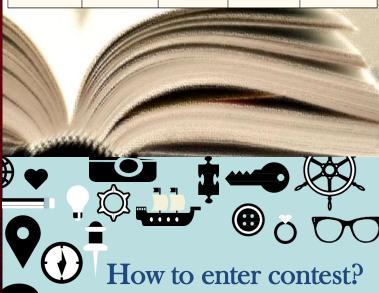
Visit us on the Mount Saint Mary's University Portal!

just log onto MyMSMU and click on

Academic Advisement under the Academics tab

Chalon Advisement Spring 2016 DROP- IN HOURS:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00am-11:00am	10:00am-11:00am	10:00am-11:00am	10:00am-11:00am	10:00am-11:00am
1:00pm-2:00pm	1:00pm-2:00pm	1:00pm-2:00pm	1:00pm-2:00pm	1:00pm-2:00pm

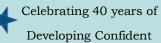


Step 1: Tell us how you lead in a creative way.

Step 2: Post on Instagram using #howdoyoulead.

Step 3: Follow @MSMULeadership on Instagram.





Leaders

Enter to WIN! Winners will be announced on 1/29

Women's Leadership & Student Involvement



campusministry@msmu.edu || x4125 (Chalon) | x2672 (Doheny)

CAMPUS MINISTRY

IERCY MONDAY **OLATE CHIP COOKIES!**

Monday, January 25th, 2 p.m., H105 Enjoy freshly-baked cookies and take a care pack with you to share with anyone in need whom you encounter.

MAG HOUSE MASS

Thursday, January 28th, 7:30 p.m., Aldworth curious about our Christian Living Community? Join the ladies of Mag House for Mass in the living room! All are welcome!

SUNDAY MASS & VISITING THE HOMELESS

Sunday, January 31st 5:45 p.m., Pack the meal bags in H105 7 p.m., Meals are blessed at Mass 8:15 p.m., Deliver to our neighbors in Santa Monica

Friday, March 18th

A \$13 fee must be paid at the Business Office

eed a Ride from Sunset?

Ride with

The Mount Local

ID & transit receipt must ted to board the shuttle.

Pickup: Saltair & Sunset

7:00am

7:30am

8:30am

Depart Chalon: Sunset & Bundy

12:00pm

3:00pm

5:00pm

Commuter Welcome Social

Where: Admin Lawn 1

When: Wednesday January 27, 2016

Time: 12 to 1:30 p.m.

Come out for a fun afternoon with churros, delicious lemonade, and a great game to connect with other

commuter students!



Horoscopes

January 20-February 19 Aquarius

Astrological symbol: Water bearer. It suggests freshness, rejuvenations progress and responsibility

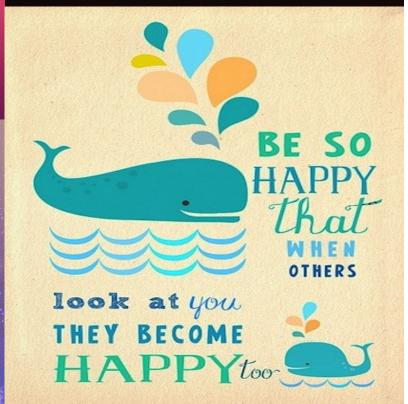
Opposite sign: Leo

Element Air: This element makes things heat up with fire, it evaporates water and feels suffocated in combination with earth. Air signs born Jan 20 are versatile and creative intellectuals.

Lucky Day: Tuesday

Lucky Numbers: 5, 9, 16, 17, 23







Weekend Events

Friday 1/29

Saturday 1/30

Sunday 1/31

The Broad

LA's Contemporary Art Museum



LOOKING FOR SOMETHING SWEET?

MILLIONS OF MILKSHAKES

8910 Santa Monica Blvd, West Hollywood, Open Daily: 12.00 pm – 2.00 am Come Join the Mount Community with SUNDAY MASS MARY CHAPEL

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 PM for the next week's issue.

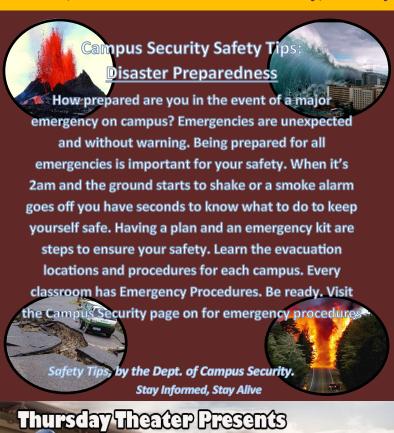
E-mail: athenianweekly@msmu.edu

Athenian Promise: I will support a culture of diversity by respecting the rights of those who differ from me. (4 out of 6)

Volume 1, Issue No. 4

Monday, February 1, 2016

Published by the Student Affairs Office



Love is in the air this month and Counseling & Psychological Services wants you to fall in love...with YOURSELF!

To increase self-love, pick up a copy of the complete "February Self-Love Challenge" in front of the CPS office. One of this week's Self-Love Challenges was:

Day 4. Write down one thing that you need to forgive yourself for- and "Forgive yourself

for not knowing what you díd not know before you learned it."



Counseling and Psychological Services Chalon Office, 310.954.4004, Humanities 1st floor Doheny Office, 213.477.2668, McIntyre 1st floor at MSMU.CPS



0 6

Commuter Mentor **Program**

Help students become unstoppable!

It is simple and fun to become a mentor and get involved!

Requirements:

- A cumulative GPA of 2.5 or higher Must be willing to commit to the
- position for the entire academic school year.
- Enrolled as a full-time student.

Benefits:

- Connect with other commuter students.
- Meet new people.
- Get involved on campus.
- Learn lessons in citizenship through work with the community.

INFORMATION SESSIONS

Tuesday, February 2

THE TRUE STORY OF AN AMERICAN LEGEND

APRIL 12

g & Commuter Services. H200A. (310) 954- 4120. StudentProgramming@msmu.edu

February 4, 2016

Student Lounge

12:30pm- 2:30pm

4:30pm- 6:30pm



















Volume 1, Issue No. 4 Page 2





#howdoyoulead Social Media Contest

Women's Leadership and Student Involvement is celebrating **40 years** of developing confident and conscientious leaders

February 2nd from 2:30-3pm

@Doheny: Ahmanson Patio@Chalon: Location TBD

February 3rd from 11-11:30am

@Doheny: Ahmanson Patio@Chalon: Location TBD

Winners will be announced on 2/5

Don't have Instagram? Stop by our tables tell us #howdoyoulead in a photo and we will take care of the rest



15 Weeks To Connect 15 weeks 15 activities 15 prizes

Step One:

Follow us @msmu_spcs on Instagram & @MSMUStudentPrograming on Facebook!

Step Two:

Complete the activity of the week!

Step Three:

Instagram a photo of you completing the activity with #SPCS Iwannawin (Be sure to have your Profile Public)

FEBRUARY

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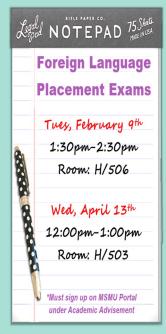
Week 4— 2/1: Take a Selfie of how you stay fit or workout

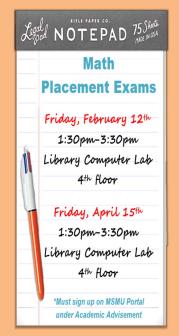
**Week 5—2/8:** Take a Picture at the Mardi Gras Celebration on Tuesday

Week 6–2/15: Take a Picture at the Variety Show on Saturday

Week 7—2/22: Take a Picture at Mount Community Night on Thursday

Sponsored by Student Programming and Commuter Services. H200A. 310.954.4120. Studentprograming@msmu.edu





#### What does Civility look like?

Interpersonal: Neglecting to say "Thank You" when someone does something for you (like opening the door).

Cyber Incivility: Uncivil behavior exhibited in computer interaction and other social media (including sending blunt or tense e-mails, etc.)

Victimless: Rude behavior that dos not immediately impact anther person (not refilling coffee/printer, littering, not asking to borrow something, not cleaning after yourself, etc.)

> Think Civility Tips are brought to you by The Mount Civility Project.

# SUPER BOWL 🌌 🖁







| 0 |   | L | K  | J | K  | J | G | S  | R | E | Y   | A   | L | P |
|---|---|---|----|---|----|---|---|----|---|---|-----|-----|---|---|
|   | Y | A | -1 | Y | -1 | G | н | U  | F | S | A   | K   | C | E |
| S | S | N | C  | K | G  | Н | J | 0  | J | G | J   | L   | Z | R |
| Т | N | 0 | K  | U | M  | K | 0 |    | G | н | U   | E   | S | F |
| E | A |   | 0  | 1 | E  | T | K | G  | н | J | K   | A   | G | 0 |
| K | F | T | F  | L | В  |   | U | A  | K | Y | - 1 | G   | н | R |
| C | C | A | F  | A |    | Y | L | E  | U | K | G   | U   | J | M |
|   | C | N | L  | P | W  | F | L | 0  | 1 | U | E   | E   | Y | E |
| Т | Z | L | F  | W | T  | E | 0 | -1 | Y | 1 | E   | M   | K | R |
| F | S | X | C  | 1 | S  | 0 | R | W  | P | L | 0   | - 1 | A | S |
| J | V | K | M  | S | M  | F | W | E  | E | 0 | - 1 | Y   |   | G |
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| U | C | 0 | M  | M | E  | R | C |    | A | L | S   | F   | 0 | Z |

1. SUPER

5. LEAGUE

9 TV

13. PREGAME

2. BOWL 3. NATIONAL 6. GAME 7. TEAMS 10. COMMERCIALS 11. HALFTIME

14. FANS 15. TICKETS

4. FOOTBALL

8. PLAYERS

12. PERFORMERS

16. KICKOFF









Terms & Conditions: Offer expires 4/30/16 for Enterprise CarShare University programs only. Offer includes \$1 application fee and waived first-year membership fee. \$5 rates valid 7 days a week on all Nissan vehicles through 4/30/16. Offer cannot be transferred, applied to previous rentals or balances owed or other fees, charges and has no actual cash value or surrender value. Must meet Enterprise CarShare membership qualifications. Offer cannot be combined with any other offers, promotions or discounts. Taxes, fees, and other restrictions may apply. New applicants only. Enterprise CarShare and the 'e' logo are registered trademarks of Enterprise Holdings, Inc. All other trademarks are the property of their respective owners.

> Mount 🎁 Saint Mary's University Transportation

©2016 Enterprise CarShare

EnterpriseCarShare.com/msmu

Expires: 4/30/16

#### ROOM SELECTION INFORMATION

Current residents, are you interested in

#### **KEEPING THE SAME**

**ROOM** for next year? If yes, please make sure to do the following steps by the deadline:

Step 1: You must be a current Chalon or Doheny resident

Step 2: Log into the Portal and go to the Residence Life Portal Page (make sure you are logged in under your own Account) Step 3: Submit your Retain My Room Request through OrgSync.

- ⇒ If you retain your room, it is considered a binding agreement and you cannot participate in the "New Room" process.
- ⇒ Doheny residents who are transferring to Chalon cannot retain their Doheny room.
- ⇒ Casa and Rossiter 1st at Chalon and Building 7, 3rd floor at Doheny will continue to be male housing.
- ⇒ Other residents who are not able to retain their rooms will receive an email stating that they cannot retain their rooms.

FORMS ARE AVAILABLE ON ORGSYNC **AND ARE DUE** FRIDAY FEBRUARY 5, 2016 @ 4:30PM

Questions? Contact the Residence Life Office (Chalon: Brady 101, x4325 or Doheny: Hannon 123, x2661)

# BULLET JOURNAL

A Fun and Fully Customizable New Way to Get Organized with Dr. Daily

Tuesday: February 2,2016 Library 203 Sign Up on the Learning Assistance Portal Page Under "Admissions"





The deadline to

from a class with a grade of "W" is:

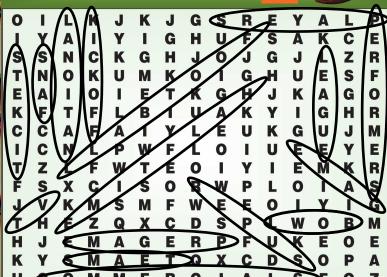
Friday, March 18, 2016

A \$13 fee must be paid at the Business Office

# SUPER BOWL WORD SEARCH









# **Weekend Events**



Friday 2/05

PRIDE + PREJUDICE + 79MBIES



Take the Santa Monica Stop-Trans to the AMC theater to watch Pride & Prejudice & Zombies

Saturday 2/06

Take your taste buds on a journey to the TASTE of Night Market!

6PM to 11PM

@ The Barker Hanger Santa Monica



**Sunday 02/07** 

Frank Gehry at LACMA 10:00 a.m. - 7:00 p.m.

Every Saturday & Sunday
Until March 20

Admission \$15

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due **every Wednesday at 12:00 PM** for the next week's issue. E-mail: athenianweekly@msmu.edu

Athenian Promise: I will contribute to the development of a caring community where compassion for others and freedom of thought and expression are valued. (5 out of 6)

Volume 1. Issue No. 5

Monday, February 8, 2016

**Published by the Student Affairs Office** 

What's in your emergency disaster kit?

Supplies you have should be able to get through at least 3-5days. If a disaster like an earthquake occurs you may need to stay in the same location for a few days until emergency services arrive. Get Batteries!

Ready.gov recommends these following item:

- Food: A three day supply, non-perishable
- Battery-powered, hand crank radio, Weather Radio w/
- Flashlight
- First aid kit
- Whistle
- Dust mask to filter contaminated air, plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags, plastic ties for sanitation, wrench or pliers to turn off utilities
- Manual can opener for food
- Local maps
- Cell phone with chargers, inverter, solar charger

For more information visit Campus Security's Portal page. You will find helpful resources dedicated to providing emergency information.

You can also find a 10% online coupon code for SOS emergency products.

# CPS TIP of the Week

Love is in the air this month and Counseling & Psychological Services wants you to fall in love....

with YOURSELF!

To increase your self-love, pick up a copy of the complete Think happy "February Self-Love Challenge" thoughts in front of the CPS office.

One of this week's Self-Love Challenges was:

Day 7: Write about what makes you truly happy.



Counseling and Psychological Services Chalon Office, 310.954.4004, Humanities 1st floor Doheny Office, 213.477.2668, McIntyre 1st floor at MSMU.CPS



February is... National Heart Month

BE MINE FOR LONGER!

**GET MOVING** 



**EAT WELL** 

MAINTAIN HEALTHY WEIGHT



STOP SMOKING

GET A CHECK UP



PART OF THE PASSP(\*\*)RT

Schedule an appointment to "KNOW YOUR NUMBERS" For vital signs, height, weight and body mass index in Student Health Services

For more information contact Student Health Services at 310.954.4110 or 213.477.2685

DON'T MISS THIS OPPORTUNITY TO WIN A FitBit Surge!

All previous raffle entries will be kept will be eligible for a



Hannon Theater | FEB 25, 2016 | 6:30 PM

Poetry

Dance

Song

Talent

@ChalonSAC

















#### **Thursday Theater Presents:**



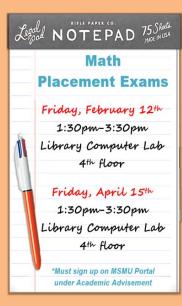
**February 11, 2016 Student Lounge** 12:30pm- 2:30pm 4:30pm-6:30pm

Sponsored Student Programming & Commuter Services. H200A. (310) 954- 4120. StudentProgramming@msmu.edu

# Mardi Gras

Student Programming & Commuter Services and Campus Ministry invite you to join in the Lenten celebration with crafts, food, and live music!

When: February 9 Where: The Circle Time: 1:00 pm - 2:30pm





Mount Saint Mary's University || African American Council of Women

The Core of the African American Woman

3rd Annual Variety Show



2PM-6PM || Chalon Campus Center

\$12 at the door || \$10 pre-sale

PRESALE ENDS FRI. 2/12

**Ticket Booth Sales:** 

Mon, Feb 1: 12-2

Mon, Feb 8: 12-2

Job Fair Prep & Resume Workshop

#### THIS WORKSHOP WILL PREPARE YOU TO:

- Make your resume stand out
- Dress in professional attire
- Get your elevator pitch ready
- Follow up with employers



February 16th 1-2pm

Chalon Campus

**Humanities Room 403** 











Mount Saint Mary's University: Students & Alumnae | MountCareerNetwork.com

# MSMU STUDY AWAY INFO SESSIONS

WEDNESDAY
Feb. 10 Doheny Bldg 4, 206
10:30-11:30am

THURSDAY Feb. 11 Chalon H402 1-2pm



Gabby Ybiernas MSMU Study Away Ambassador Costa Rica, CEA



Kim Johnson AIFS Alumni Ambassador Granada, Spain AIFS



Vanessa Alvarado Newcastle, Australia ISA

Questions? Email studyabroad@msmu.edu and Follow us @msmu studyaway



Light lunch and Student Panel featuring

Barcelona, Spain AIFS



Rebeka Garcia Granada, Spain AIFS





#### YOU ARE THE FUTURE OF SGA!



Want to make a difference on campus?



Want to represent your fellow Athenians?



Want to increase your leadership skills?

**APPLY TODAY ON ORGSYNC** 

https://orgsync.com/52392/forms/183207

#### 2016-2017

SGA Executive Board & Senator Positions NOW OPEN!



#futureofsga

# Healthy Relationships

When in doubt, talk it out!

WEDNESDAY, February 17th, 5:30pm - 6:30pm Humanities, Room 302

Learn to communicate your needs!

Enter a raffle to win a \$25 gift card!





Co-Hosted by...

Counseling and Psychological Services & The Psychology Club

CPS Contact Info: 310-954-4114

# How Your Professor Grades Your Paper:

The Inside Scoop with Paul Martin

Tuesday: February 9, 2016 Library 203 1-2PM

"Make me see." - Charles Dickens

### Celebrate Lunar New Year!

Residents, come join some of your fellow Athenians to celebrate Lunar New Year!

Learn some of the traditions while enjoying some yummy food & making crafts.

Date: Monday February 8, 2016

Time: 6pm-7pm

Location: Brady 1st Lounge

Sponsored by:
Emma (Rossiter 3<sup>rd</sup> RA) x2048,
Ilse (Brady 2<sup>nd</sup> RA) x2109,
Erika (Community Programmer x4325)
Melissa (Community Programmer) x4325

### GROUP

FREE 50-minute exercise sessions for all skill levels! All MSMU Faculty, Staff, and Students are welcome!

| 1                 | Monday's     | Tuesday's | Wednesday's | Thursday's |
|-------------------|--------------|-----------|-------------|------------|
| 0I                | Circuit      | Yoga      | Zumba       | Cycling*   |
| al                | Training     | TBA       | Gabby       | Diana      |
| h                 | Angela       | 5-5:50pm  | 3-3:50pm    | 5-5:50pm   |
| $\overline{\Box}$ | 5:30-6:20pm  | DH309     | DH309       | DH309      |
| (                 | Tennis Court |           |             |            |

\*Cycling spaces are limited to 12. Call the Fitness Center at (310) 954-4345 the day of the class to reserve your bike!

| y  | Tuesday's   | Wednesday's |
|----|-------------|-------------|
| en | Hip Hop     | Circuit     |
| h  | a a la      | Training    |
| 00 | Kassy       | Brandon     |
| I  | 4:30-5:20pm | 12-12:50pm  |



Your Body



### **Love Your Body**

**Body Awareness** Week

2/8-2/11

Tabling Mon. & Wed. 12PM-2PM

Keep Calm

And

Love Your

Body!

# AFRICAN AMERICAN **COUNCIL OF WOMEN** & THE LEARNING CENTER



2 2 ZZ 1Z 02

# **PRESENTS** MALCOM X

Monday, Feb. 8th, 2016 | 5:30-8:30 pm @ Campus Center East

#### MPUS MINISTRY

stry@msmu.edu | x4125 (Chalon) | x2672 (Doheny)

#### **#MERCYMONDAY**

CHOCOLATE CHIP COOKIES!

Monday, February 8th, 2 p.m., H105

Enjoy freshly-baked cookies and take a care pack with you to share with anyone in need whom you encounter.

#### MARDI GRAS

Tuesday, February 9<sup>th</sup>, 1 p.m., The Circle Come celebrate Mardi Gras with your friends and Campus Ministers! Treats, crafts, music, and so much more!

#### ASH WEDNESDAY

Wednesday, February 10th, Mary Chapel 8 a.m., Prayer Service 12:05 p.m., Mass 7:30 p.m., Prayer Service





# Weekend Events



#### **Friday 02/12**



# Saturday 02/13



### **Sunday 02/14**



**@Santa Monica Place, Downtown Santa Monica** 

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 PM for the next week's issue. E-mail: athenianweekly@msmu.edu



Athenian Promise: I will honor, challenge and contribute to the scholarly heritage left by those who preceded me and work to leave this a better place for those who follow. (6 out of 6)

Volume 1, Issue No. 6

Monday, February 15, 2016

Published by the Student Affairs Office

The San Andreas fault system is more than 1300 km (800 miles) long, and in some spots is as much as 16 km (10 miles) deep.

# Earthquake

### **Facts**

Visit Campus Security's portal page, for a 10% discount code for Emergency Supplies

The hypocenter of an earthquake is where the earth's surface rupture of the fault begins.



Aftershocks with magnitudes ranging from 3 to 5 are expected to be relatively common over the days or even months following an earthquake.

The percentage of a stronger quake after a large quake is 5% - 10% over seven days following a quake.

The epicenter is directly above the hypocenter on the surface of the earth.

Enter the Student Health 101's **#ShareTheHealth** video contest!

We are looking for outgoing, enthusiastic students or student groups that are interested in filming entertaining and informative videos for Student Health 101.

FOR CONTEST RULES AND INFORMATION VISIT: www.studenthealth101.com/videocontest.html

THE DEADLINE TO SUBMIT YOUR VIDEO IS Saturday, February 20, 2016

For more information contact the Student Health Services office at:

Chalon 310.954.4110 or Doheny 213.477.2685

PRIZES



2nd Place \$300

3rd Place \$100

Brought to you by Campus Security



is in the air this month and Counseling & Psychological Services wants you to fall in love.....with YOURSELF!

To increase your self-love, pick up a copy of the complete "February Self-Love Challenge" in front of the CPS office. One of this week's Self-Love Challenges was:

> Day 16: Write a note to yourself that explains why you are

**FABULOUS!** 



Counseling and Psychological Services Chalon Office, 310.954.4004, Humanities 1st floor Doheny Office, 213.477.2668, McIntyre 1st floor at MSMU.CPS





Dance

Talent

Poetry

Song

For questions or concerns email chalonsac@msmu.edu























# Join us for some fun games and driving tips!

### Safe Driving Tips





When: February 24, 2016

Where: Administration Lawn

Time: 12:00 p.m.-1:30 p.m.

For more information SPCS is Located in H200A

Phone: 310.954.4120

Studentprogramming@msmu.edu

Brought to you by Student Programming & Commuter Services

# Mount Saint Mary's University

2016-2017

STUDENT

**HANDBOOK** 

COVER

CONTEST



# APPLICATIONS AVAILABLE ONLINE

https://welcome.msmu.edu/ student-life/studentprogramming/Pages/ CoverContest.aspx

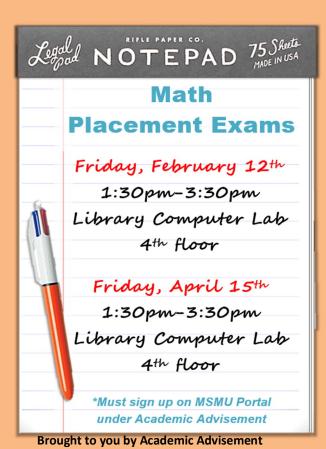
SUBMIT DESIGN
BY MARCH 8

LEAVE YOUR
LEGACY AT THE
MOUNT

WIN \$100



Brought to you by Academic Advisement Located: H401 Questions? Call: 310.954.4070



Located: H401 Questions? Call: 310.954.4070

## **CAMPUS MINISTRY**

#### **#MERCYTUESDAY**

#### CHOCOLATE CHIP COOKIES!

Tuesday, February 16th, 2 p.m., H105

Enjoy freshly-baked cookies and take a care pack with you to share with anyone in need whom you encounter.

#### MAGNIFICAT HOUSE MASS

Tuesday, February 16<sup>th</sup>, 7:30 p.m., Aldworth Residence Hall

Celebrate Mass with the residents of Aldworth dorm in the Magnificat House living room! All are welcome!



#### CONTINUE THE LENTEN JOURNEY

Wednesday, February 17th, 1 p.m., Admin Lawn

Visit our table to learn more about how you can continue your Lenten Journey – Rice Bowls, Lenten Calendars, and more!

Sponsored by Campus Ministry. For any questions contact campusministry@msmu.edu

|Chalon (310) 954-4125 | Doheny (213) 477-2672|

#### 5 Ways to Promoting Civility & Respect

- 1. Model the behavior you would like to see from others. Do unto others as you would have them do unto you.
- 2. Do not let you silence condone disrespectful behavior, yet consider carefully when and where to speak up.
- 3. Without giving up your own convictions, accept that disagreement will exist.
- 4. Do not take your stress out on others. Use the counseling resources in stead.
- 5. Be a respectful listene

Think civility tips are brought to you by the Mount Civility Project

For more information contact Leslie Robles at (213) 477-2824



#### ALL STUDENTS WELCOME

### TOWN HALL MEETING



Dear Athenians,

Thursday, February 18 12:15 p.m. – 1:00 p.m. Donohue Center (Doheny Campus)

The Doheny Shuttle Stop was recently re-located to the AAA parking lot. Many students have voiced their concerns and SGA is currently working to find a solution to this issue. We want to hear from you! Please join us at the Town Hall to voice your concerns and get answers. You can also fill out the survey found at:

https://orgsync.com/54082/forms/184345 or call: 310.954.4350



### ADVISEMENT PERIOD SPRING 2016

February 16th- March 11th

Please be sure to mark your calendars!

#### Who is my Advisor?

Students are primarily assigned departmental **faculty advisors**. Pre-Nursing and Undeclared students are assigned advisors in **Academic Advisement**.

Check your Web Advisor, Student Profile section for your advisor assignment!

Don't forget to make an appointment with your advisor! You **must** have an advisement appointment in order to register for your **Fall 2016** classes.

Brought to you by Academic Advisement Located: H401
310.954.4070



Join now for only \$1!

\$5/hour rates

Visit EnterpriseCarShare.com/msmu



For more information, contact
Transportation and Parking at 310-954-4044

THURDAY THEATER PRESENTS:

# the social network

Date: February 18, 2016

Location: Student Lounge

Showing #1 12:30 p.m. – 2:30 p.m. Showing #2 4:30 p.m. – 6:30 p.m.

Sponsored by Student Programming and Commuter Services. H200A. 310.954.4120. Studentprograming@msmu.edu

### HELLO

# Residence Hall

Interested in switching rooms for the 2016-2017 year?

#### Step #1:

You must be a curren Chalon or Doheny Student.

#### Step #2

Check the Residence Life Room Selection Portal Page for a floor chart of rooms.

#### Step #3

Submit the "New Room Request" Form through Orgsync.

#### FORMS MUST BE SUBMITTED BY THE DEADLINE. NO EXCEPTIONS.

Any **Doheny residents** who are eligible to transfer to Chalon must complete the "New Room" form.

g at E F

**PRICES:** 

 If you are currently a Chalon student living at the Doheny campus, you must participate in the New Room Selection Process. Deadline: February 26 at 4:30 p.m.

\$15 S/M/L/XL

\$16 2XL

\$17 3XL

Form available:

February 16 at

12 p.m.

Questions? Contact the Residence Life Office Chalon: Brady 101, (310) 954-4325 Doheny: Hannon 123, (213) 477 2661



Help support ADthenians as we go up against UCLA, USC, UCSD, Cal Poly, Chapman University, and more in the National Student Advertising Competition! An or set for for a con-

completed by March 1st Contact (310) 494-3120

Sponsored by Student Programming & Commuter Services.

# Weekend Events

**Friday 2/19** 

Saturday 2/20

**Sunday 2/21** 

Start off the weekend with some delicious Milk Tea @ Coco

Take a breather at the Palisades Park
overlooking Santa Monica Beach

Enjoy Sunday Mass with the Mount Community at 7p.m.

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 p.m. for the next week's issue.

E-mail: athenianweekly@msmu.edu





Athenian Promise: I will embrace the concept of a civil community which does not tolerate violence, theft, bigotry, or harassment of others in any form. (1 out of 6)

Volume 1, Issue No. 7

Monday, February 22, 2016

Published by the Student Affairs Office

Campus Security Announcement: ID Requirement



Mount 🎁 Saint Mary's University LOS ANGELE

MSMU Student

ID #: 0000001

#### The MSMU ID card is necessary for:

- **Food Services**
- **Health Services**
- Library
- **Fitness Center**
- **Business Office**
- **Campus Sponsored Events**
- Residence Desk
- Mail Room
- Shuttles
- **Security Purposes**

For MSMU ID card replacements, visit the Food Services office. ID replacements cost \$12 or \$15 with a new picture!

Please note all students are required to carry their

MSMU ID at all times. Safety Tips are brought to you by the Department of Campus Security. Stay Informed, Stay Alive

February is... National Heart Month





GET MOVING

MAINTAIN HEALTHY WEIGHT



STOP SMOKING

**EAT WELL** 

GET A CHECK UP

PASSP(\*\*)RT

DON'T MISS THIS OPPORTUNITY TO WIN A FitBit Surge!

All previous raffle entries will be kept and be eligible for a second drawing in mid-April.

Schedule an appointment to "KNOW YOUR NUMBERS" For vital signs, height, weight and body mass index in Student Health Services

For more information, contact Student Health Services at (310) 954-4110 or (213) 477-2685

# 4200169420

### **Clothesline Project Week**

Tuesday, March 8, 2016 - Thursday, March 10, 2016

<u>Chalon and Doheny</u>

The MSMU LA Clothesline Project is designed to provide empowerment, support,

is designed to provide empowerment, support, education and a healing tool for survivors of all types of violence.

#### Upcoming Events during Clothesline Project Week:

- Take Back the Night
- Screenings of The Hunting Ground
- Self-Defense classes
- **Donation Drive for Alexandria House**
- Instagram pledges and more!



For more information, contact Dr. Christine Catipon at CPS (310) 954-4114 or (213) 477-2806

www.clotheslineproject.org

#### STUDENT HANDBOOK COVER CONTEST

# Mount 🎁 Saint Mary's University

LOS ANGELES

2016-2017

WIN \$100



#### **APPLICATIONS**

**AVAILABLE ONLINE** 

https://welcome.msmu.edu/ student-life/studentprogramming/Pages/ CoverContest.aspx

SUBMIT DESIGN

BY MARCH 8

LEAVE YOUR LEGACY AT THE MOUNT



E-mail: studentprogramming@msmu.edu

Phone: (310) 954-4120

























#### **STEM Presents: Pre-Health Panel**

Are you interested in pursuing a career in the Pre-Health fields?



Join us at our Pre-Health panel as former MSMU students share their experience:



- Leslie Rabena, second year
   Doctor of Optometry candidate at SCCO
- 2. **Jennifer Perdomo**, medical student candidate for Fall 2016
- 3. **Robin Watanabe**, B.S. in Dental Hygiene from USC Ostrow School of Dentistry



When: Tuesday, February 23, 2016

Time: 1:00 p.m. - 2:00 p.m.

Where: Hannon Parlor

\*\*ALL MAJORS WELCOME\*\*

# Lemonade &

### **Safe Driving Tips**

# Join us for some fun games and driving tips!

When: Wednesday, February 24, 2016

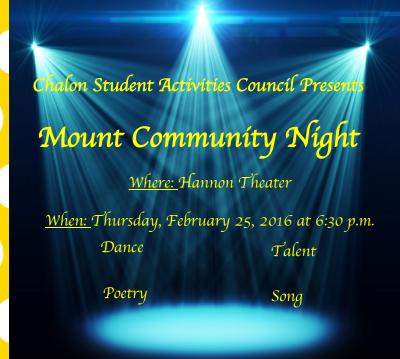
Where: Administration Lawn

Time: 12:00 p.m. — 1:30 p.m.





Sponsored by Student Programming & Commuter Services



For any questions, email: <u>chalonsac@msmu.edu</u>

Volume 1, Issue No. 7 Page 3

Week Five:



#### Ways to Promoting Civility and Respe

- Conflict can be healthy if expressed appropriately. Make sure it's a
  discussion about the ideas or the behaviors, not about the
  person... You can say "I don't support or like (description of the
  behavior)" so the comment is not about the individual.
- Remember that you are not always right and others are not always wrong.
- Whatever view you feel strongly about, another may feel just as strongly against... and that's okay. Although high emotion is not necessarily the mark of incivility, remember that it may cause a conversation to escalate in unproductive ways.
- Tone of voice matters.
- Work collaboratively with your class, colleagues and friends to define and apply respectful behaviors.

Think Civility Tips are brought to you by
The Mount Civility Project.

For Questions Contact Student Affairs Office at (310) 954-4130

# KAPPA DELTA CHI DURRO'S

**Date:** Tuesday, February 23, 2016 & Wednesday, February 24, 2016

Time: 11:30 a.m. - 2:00 p.m.

Where: Circle



#### Throwback Thursdays with Yearbook!



Send Yearbook your

Email StudentProgramming@msmu.edu

Summer 2015 pictures

- 1. Name
- 2. Current Year Standing

You could be featured in this year's yearbook!

3. Short Description of what you are doing

CAPTAIN HOOK

CLAYTON

DIABLO

EDGAR

MEDUSAWANAGROMUSRR
TNJJTGNOTSAGKOFAEZ
UUARARARTHMDOTRJPF
TLSHAKZAIMWLOHOEPS
FAGFKVVCNAEEHELTOT
MLAAUEPSIPGFNRLSHR

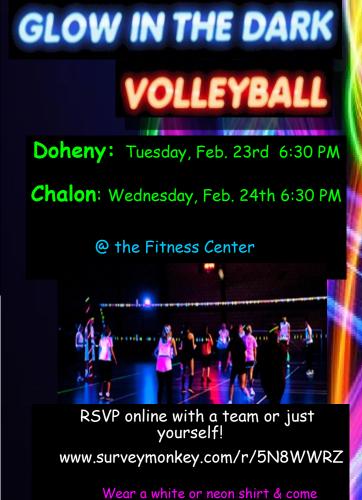
F A G F K V V C N A E E H E L T O T
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LIUYNAHSACIEARVEO

OUBJASPERMADAMMIM

EVIL QUEEN
FACILIER
FLOTSAM
FROLLO
GASTON
HADES
HOPPER
HORACE
IAGO
JAFAR
JASPER
JETSAM
KAA
KING CANDY

LEFOU
MADAM MIM
MALEFICANT
MEDUSA
MORGANA
MOTHER GOTHEL
PAIN
RATCLIFFE
RATTIGAN
SCAR
SHAN YU
SHERE KHAN
SMEE
STROMBOLI
URSULA



for the s'mores, music, and games!

For Questions Contact Sport & Wellness at (310) 954-4345

### **CAMPUS MINISTRY**

#### LENTEN #MERCYMONDAY **MERCY BAGS & COOKIES!**

Monday, February 22, 2:00 p.m., H105 Enjoy freshly-baked cookies and take a mercy bag with you to share with anyone in need whom you encounter.

#### MAGNIFICAT

Tuesday, February 23, 8:00 p.m., Aldworth House Come to the Magnificat House and enjoy a meal with the residents of our Christian Living Community. Find out if living here is a good fit for you!

#### **INFORMATION ABOUT MASS!!**

Mass will not be celebrated at Chalon on Sunday, February 28.

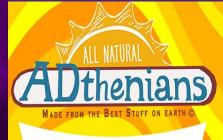
Visit our neighboring parish, Saint Martin of Tours: Sunday Mass @ 7:30, 9:30, 11:30 a.m. & 5:30 p.m.

campusministry@msmu.edu | x4125 (Chalon) | x2672 (Doheny)

M E D U S A W A N A G R O M U S R R TNJJTGNOTSAGKOFAEZ UUARARARTHMDOTRJPF T L S H A K Z A T M W L O H O E P S FAGEKVVCNAEEHELTOT UECUMLOADNAEFGLL TECLAYTONSCLIIII DQMKINGCANDYCLTCX OILSBDFCLSZSKFCTAF HASEDAHEMZLSKGTAFL YBTNEEUQLIVEDGARGP LIUYNAHSACIEARVEQ

CAPTAIN HOOK CLAYTON DIABLO EDGAR EVIL OUEEN FACILIER FLOTSAM FROLLO GASTON HADES HOPPER HORACE IAGO JAFAR JASPER IETSAM KAA KING CANDY

LEFOU MADAM MIM MALEFICANT MEDUSA MORGANA MOTHER GOTHEL PAIN RATCLIFFE RATTIGAN SCAR SHAN YU SHERE KHAN SMEE STROMBOLI URSULA



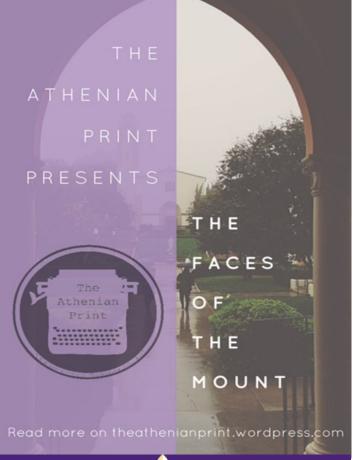
Help support ADthenians as we go up against UCLA, USC, UCSD, Cal Poly, Chapman University, and more in the National Student Advertising Competition!

aimeehern@msmu.edu to inquire about shirts

\$15 S/M/L/XL **PRICES:** \$16 2XL \$17 3XL



T-shirt Orders will be completed by March 1st





### **Weekend Events**



**Friday 02/26** 

Saturday 02/27

**Sunday 02/28** 

Craving some sushi?

Head down to SUGARFISH in Santa Mon



SUGARFISH BY SUSHI NOZAWA

Hours: 11:30 a.m. to 10:00 p.m.

Happy National Strawberry Day!

Celebrate this day by visiting the Santa Monica farmers market and picking out some delicious strawberries!!!



Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 PM for the next week's issue. Submissions in WORD or PUBLISHER should be e-mailed to: athenianweekly@msmu.edu





Athenian Promise: I will commit myself to the pursuit of knowledge with personal integrity and academic honesty. (2 out of 6)

Volume 1, Issue No. 8

Monday, March 7, 2016

**Published by the Student Affairs Office** 



#### Campus Security Safety Tips **Emergency Alert System**



We encourage you to sign up today for the notification system at Mount Saint Mary's University.

- To register simply go to www.msmu.edu/ealert and create an account
- It's free to sign up and normal texting messaging rates are applied when the notification system is activated
- We advise to add both your cell number and email to your account
- ⇒ If you receive a message on your cell phone or email, please follow the instructions carefully. Once the event or crisis is concluded, an all clear message will be sent

For more information visit Campus Security on the Portal located under Campus Resources or call (310) 954-4123



### Friendly reminder from the **Academic Advisement Office**

Please make appointments during advisement period only.

#### **Advisement Dates**

Tuesday, February 16 — Friday, March 18



Contact Academic Advisement for more information

Located: Chalon Humanities Room 401 Email: academicadvisement@msmu.edu

### Now Accepting Nominations for Faculty & Staff of the Year!

These awards honor full-time faculty and staff members who have made a positive impact on the lives of students at Mount Saint Mary's University.

Last Year's Winners: Faculty: Dr. Sylvine Deprele Staff: Lisa Villa

To nominate a full-time faculty or staff member visit:

https://orgsync.com/54559/forms/185223



#### Deadline:

Friday, March 18 at 12 p.m.



or e-mail: l*eadership@msmu.edu* 

Sponsored by: Women's Leadership and Student Involvement

save the date

Thursday, March 10 to Saturday, March 19

Join the entire Mount Saint Mary's University community in saying thank you to and connecting with our Sisters as we celebrate our charism and patron saint.

Co-Sponsored by:























Volume 1, Issue No. 8 Page 2

# **MSMU LA Clothesline Project Goal**

The Clothesline Project Week happens every year and is designed to provide healing tools, empowerment, support, and education for survivors of all types of violence.

Tuesday, March 8, 2016—Thursday March 10, 2016



Sponsored by The Division of Student Affairs

#### **Donation for ALEXANDRIA HOUSE!**

The following is a list of items they need:

- Sanitary Napkins (Regular with Wings)
- **Tampons**
- Body Wash
- Razors
- Q-Tips
- **Cotton Balls**
- Shampoo and Conditioner
- Food Storage Bags (sandwich, snack, quart and gallon sizes)
- Liquid Hand Soap Refill
- Kids Wipes (Flushable)
- Laundry detergent
- Toilet paper
- Paper Towels
- Garbage Bags (13 gallons)



When: Tuesday, March 8, 2016 - Thursday, March 10, 2016

Time: 10 a.m. - 3 p.m.

Where: The Circle at Chalon or The Ahmanson at Doheny

Donation boxes will be available at all Clothesline events!

For more information call: (310) 954-4114

Sponsored by Counseling & Psychological Services

### **CPS** Tips of The Week

Tips to Help You Protect YOURSELF from Violence:

#### **Trust Your Gut**

If a situation, person, or anything doesn't feel right to you, leave immediately and seek safety and people you trust. If you get a bad feeling about a location or a person, *leave*. Trust yourself!

#### **Stick With Friends**

Attend parties with a group of friends you trust. Look out for each other! If you do go to an event alone, always tell someone where you are going. Always avoid walking in unlit or isolated parts of the city or on campus. Remember friends always stick together!

#### **Set Clear Limits**

Set very clear limits, communicate your limits with your partner, and stick to them. Healthy relationships are built on honesty, respect, trust, and communication.



Counseling & Psychological Services Chalon: (310) 954-4114 (Humanities 1st floor) Doheny: (213) 477-2668 (McIntyre 1st floor)



### What is Clothesline **Project Week?**

The purpose of the project is three-fold:

- 1. To raise awareness about the impact of violence against women
- 2. To celebrate a person's strength to survive
- 3. To empower women & men to break the silence and help end violence

#### What do the Colors Represent on the T- Shirts:

- White: Made for victims who died because of
- Red: Made by (or for) survivors of rape, attempted rape, or sexual assault
- Blue: Made by (or for) survivors of childhood sexual abuse or incest

Sponsored by Division of Student Affairs

### \* The Hunting Ground

#### Movie Screening @ the Mount?

#### **About the Film:**

An Oscar-nominated documentary takes the audiences straight to the heart of a shocking epidemic of violence and institutional cover-ups sweeping across college campuses and the devastating toll they take on students. The film follows two courageous activists as they unmask a nationwide cover-up.



#### Chalon:

Wednesday, March 9, 2016

Time: 5 p.m. - 8 p.m. Where: Hannon Theatre

#### **Doheny:**

Thursday, March 10, 2016
Time: 5 p.m. - 8 p.m.
Where: Rose Hills
Auditorium

After there will be a panel discussion accompanied by pizza and refreshments.

<u>Sponsored by the MSMU Clothesline Project Committee.</u>
<u>For more information call: (310) 954-4135</u>

#### FREE SELF DEFENSE WORKSHOP

Your body is more capable than you think.



Each workshop can only take **16 participants** so please **RSVP** to:

Lconnors@msmu.edu

#### **Chalon**

Thursday, March 10, 2016

Time: 7 p.m. to 9 p.m.

**Where: Campus Center** 

#### Doheny

Wednesday, March 9, 2016

Time: 7 p.m. to 9 p.m.

**Where: Fitness Center** 



Presented by the Division of Student Affairs
For more information call Lindsy: (213) 477-2674



Doheny Mercy Chapel | Tuesday, March 8, 2016 | 5:30 p.m.

Regular shuttle times from Chalon Campus: 2:00 p.m., 3:00 p.m., 4:00 p.m. and 4:30 p.m.

For more information call: (213) 477-2668

Sponsored by: Violence Prevention Committee,
Campus Ministry, Career Services, Counseling & Psychological Services
Fitness Education, Residence Life, Student Health Services,
Student Programming & Commuter Services and Women's Leadership

# Women's Appreciation

#### Tea

In honor of Women's History Month, Doheny Student
Activities council invites you to join us for afternoon tea to
celebrate influential women. We also invite you to hear from
Sr. Judy Vaughan, founding Director of Alexandria House.
Friday, March 11, 2016

Where: Doheny Mansion

Pompeian Room

Time: 12 p.m.- 1:30 p.m.

\*\*Mill be donated to Alexandria additional additional additions

\*\*Ouse. We welcome donations

\*\*Time: 12 p.m.- 1:30 p.m.

\*\*S5 Tickets can be purchased at the purchased at

Sponsored by Women's Leadership. For more information call Britiney. (213) 477- 2664

# MOUNT SAINT MARY'S UNIVERSITY'S $10^{\text{TH}}$ ANNUAL

#### PRESIDENT'S INVITATION TO SERVE

OPEN TO STUDENTS, FACULTY, STAFF, ALUMS, AND FRIENDS OF THE UNIVERSITY

Join us as we honor the legacy & tradition of the Sisters of St. Joseph of Carondelet in

# Serving Our "Dear Neighbor"

Spend a day serving at sites around Los Angeles with other members of the Mount Community:

- Alexandria House
- Downtown Women's Center
- Heal The Bay
- Society of St. Vincent Du Paul
- Los Angeles Regional Food Bank
- Lanterman High School and Stop Hunger Now

#### Saturday, April 2, 2016

RSVP at https://www.msmu.edu/invitationtoserve/

Transportation from both campuses will be provided.
\*Students must submit a \$10 deposit to reserve a spot to the
Student Affairs Office in H200 or the Doheny Community
Engagement Office, Building 11, #211

For more information contact Susan Cacique at susacaci@msmu.edu

Sponsored by Community Engagement

### 15 weeks to connect

Week 8—3/7 Complete the activity of the week!

Step One: Follow us via Instagram: @msmu\_spcs and

Facebook: @MSMUStudentprogramming

**Step 7wo:** Take a picture at the Clothesline Project

**Step Three:** Instagram a photo of you completing

the activity with #SPCS\_Iwannawin (Be sure to have a public profile)

Sponsored by SPCS. For more information call: (310) 954 - 4120

# The Report ON THE Status of Women and Girls

**IN CALIFORNIA** 

Join us for our public release, the 5th annual Report on the Status of Women and Girls in California featuring leaders whose extraordinary accomplishments have helped pave the way for a just and equitable society. This day of "Celebrating Pioneers" will offer inspiration, reflection and call to action to help improve the lives of women and girls everywhere!

Wednesday, March 30, 2016

Time: 9:00 a.m. to 12:00 p.m.

Where: Skirball Cultural Center, Hannon Theater at Chalon, Rose Hill Auditorium at Doheny

#### Registration Information:

To watch the report via live streaming in Rose Hills or Hannon Theater RSVP at: <a href="mailto:www.alums.msmu.edu/rswglivestream">www.alums.msmu.edu/rswglivestream</a>

To attend at the Skirball, RSVP at www.msmu.edu/statusofwomen

#### **Transportation Information:**

Shuttles will be provided to and from both campuses.

Breakfast provided at all three locations!

For more information E-mail Heather Schraeder, Director of Special Events and Public Programs at <a href="mailto:hschraeder@msmu.edu">hschraeder@msmu.edu</a> or call: (213) 477-2761

Sponsored by Institutional Advancement

#### **Athenian Café**

In honor of International Women's Day Resident Assistants are hosting Arts & Crafts at the Café.



Friday, March 11, 2016 <u>Time</u>: 4 p.m. - 5:30 p.m.

Craft: Make a lei



For more Information call Joelle: (310) 954 - 4325

Sponsored by Residence Life



# **Weekend Events**





**Friday 03/11** 

Enjoy a Gorgeous view @ the Griffith Observatory 12:00 p.m. - 10:00 p.m. Saturday 03/12

Grab a deliciou

Grab a delicious bite at Urth Caffe!

6 a.m. – 11 p.m.

2327 Main St, Santa Monica, CA 90405

**Sunday 03/13** 

Enjoy Sunday Mass with the Mount Community at 7p.m.

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 p.m. for the next week's issue.

E-mail: athenianweekly@msmu.edu





Athenian Promise: I will respect the sanctity of the learning environment and avoid disruptive and deceitful behavior toward other members of the college community. (3 out of 6)

Volume 1, Issue No. 9

Monday, March 14, 2016

**Published by the Student Affairs Office** 

.4\*4\*4\*4\*4\*4\*4\*4\*4



**OPEN TO** ALL

Tuesday. March 22

4 - 5:30 p.m.

**DRUDIS BIADA ROOM 201** 

COME MEET **CBS EXECUTIVES** 

**LEARN ABOUT EXCITING INTERNSHIP & CAREER OPPORTUNITIES** 

SPONSORED BY THE DEPARTMENT OF FILM, MEDIA & COMMUNICATION

#### 2016 CSJ Appreciation Day

Please join the Mount community as we celebrate the many contributions of the Sisters of St. Joseph of Carondelet!

Wednesday, March 16, 2016 Campus Center, Chalon Campus 2.30 p.m. - 4.00 p.m.



For more information call: (213) 477-2570

#### Refreshments will be served

In honor of National Catholic Sisters Week and CSJ Week, an exhibit showcasing the scholarship of Sr. Mary Gerald Leahy, CSJ, will be displayed at the reception. Sr. Mary Gerald Leahy was a microbiologist whose research of mosquitos has had a direct impact on current research of the mosquitos carrying the Zika virus. The exhibit is supported by a grant from National Catholic Sisters Week and the Association of Colleges of Sisters of St. Joseph.

Sponsored by the Office of the President

# 3rd Annual STEM Expo

Networking Opportunities for ALL MAJORS with:

**UCSB Grad Division** 

Monday, March 15

NASA Campus Center, Chalon

**USC Keck Medicine** 

12:00 p.m. - 2:30 p.m.

**Cedars Sinai** 

Western University Children's Hospital

RAFFLES!! TOTE BAGS!!

\*WHILE SUPPLIES

#### **UCSD Grad Division Kaiser Permanente**

For more information contact Sandy Chavez:

schavez@msmu.edu

**UCLA School of Medicine** 

UCLA Chem/Bio Department

And More to Explore!

Endless Possibilities at Your Fingertips

ponsored by: Science Technol





#### INTERNATIONAL COMPETITION THAT INCLUDES:

A TRADITIONAL CULTURAL FASHION SHOW, AS WELL AS DANCING AND SINGING IN A FOREIGN LANGUAGE

Wednesday, April 6, 2016

Time: 12:00 p.m.

Where: Chalon Circle

All cultures welcome!

1st place: \$300

2nd place: \$200

3rd place: \$100

Sign up by March 18th to participate! Represent your country through its traditional dress, song and/or dance.

For more information, please email:

Vernice Grajeda vgrajeda@msmu.edu

STEM Sponsored by: The Department of Language & Culture

























# **Class of 2016 Events & Reminders**

So much is happening, don't be left out.
Visit the links below!

# Senior Farewell Dinner

SAVE THE DATE
Wednesday, April 20, 2016
7:00 p.m. - 9:00 p.m.
Chalon Campus Center

# 2016 SLIDESHOW

Share pictures of <u>your</u> Mount moments for the <u>2016 Slideshow</u> which will play during the senior farewell dinner.

www.alums.msmu.edu/slideshow16

Closes: 4/3/16

#### **SENIOR CLASS GIFT**

Goal: \$2,000 and 40% participation Raising funds for the Class of 2016 Scholarship.

Give \$20.16 NOW and it will be matched \$2 for every \$1 donated,

by Alum Board

President Suzanne Hoffman '84.

www.alums.msmu.edu/classof2016

Closes: 4/20/16

#### **VOTE FOR YOUR GUEST SPEAKER!**

Vote for a faculty speaker for the Senior Farewell Dinner.

<u>www.alums.msmu.edu/seniordinner2016</u>

<u>MOMINATE NOW!</u>

Closes: 4/1/16

#### **REGISTER TO WIN!**

VIP balcony seating for 2 families at graduation.

www.alums.msmu.edu/vipseating
Closes: 4/20/16



#### **Rooming Information for Residents**

Did you submit a Retain Room Form or Room Change Form during the Room Selection Process? Want to know what your Room Assignment for the 2016-2017 academic year will be? Look no further! ROOM ASSIGNMENTS for the 2016-2017 year will be available on Friday, March 18, 2016 after4:30 p.m. via Portal.

STEP 1

Below you will find the steps as to how to view your Room Assignment:
STEP 2

Click on:

WebAdvisor for Students

WebAdvisor

STEP 5

To the state of th

STEP 3

#### STEP 4

Look Here!



**Friday 3/18** 

Your Room Assignment will appear here under FALL 2016

Sponsored by Residence Life



Call the Chalon Residence Life Office at (310) 954-4325 or Doheny (213) 477-2661.

# \*

## Weekend Events

### Saturday 3/19

### Sunday 3/20

ROCKETO Head

What day do potatoes hate the most?

- Fry-day!

Head down to Johnny Rockets at the 3rd Street Promenade NA PUA O KA 'AINA 16th Annual Luau Gods & Goddesses of Polynesia Location: The Circle Luncheon: 12:30 PM Show: 2:30 PM

Take a hike at Runyon Canyon before its 4 month closure beginning in April!

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 p.m. for the next week's issue.

E-mail: athenianweekly@msmu.edu





Athenian Promise: I will support a culture of diversity by respecting the rights

of those who differ from me. (4 out of 6)

Volume 1, Issue No. 10

Monday, March 21, 2016 Published by the Student Affairs Office

### STEM 's Speaker Series:

Medical Student Panel
Want to learn more about what it is like to be a
medical student?

Join us at our Medical Student Panel to hear from two students enrolled in the PRIME Program at the David Geffen School of Medicine UCLA

Marcela Zhou, graduated from UCSD with a degree in Human Biology

Amanda de la Cerda, Mount alumna with a degree in Biology

Wednesday, March 23, 2016 Chalon: Campus Center East Time: 6:00 p.m. - 7:00 p.m.





\*\*ALL MAJORS WELCOME\*\*

For more information email Sandy Chavez at <a href="mailto:screen">schavez@msmu.edu</a>
Sponsored by Title III STEM Program



#### FBI Information Session

Interested in learning about the FBI?

Special Guest: Agent Allison Powojski



Come check out Career
Services FBI Information
Session and learn what it
takes to work for the
Federal Bureau of
Investigation (FBI) & U.S.
government!

Spousored by:
Mount Saint Mary's
University
LOS ANGELES

Career Services &

Tuesday, March 22, 2016 Chalon: Campus Center South West 1:00 p.m. - 2:00 p.m.

For more information call: (310) 954-4410 Sponsored by: Career Services & Internships

# The Report ON THE Status of Women and Girls

**IN CALIFORNIA** 

Join us for our public release, the 5th annual Report on the Status of Women and Girls in California featuring leaders whose extraordinary accomplishments have helped pave the way for a just and equitable society. This day of "Celebrating Pioneers" will offer inspiration, reflection and call to action to help improve the lives of women and girls everywhere!

Date: Wednesday, March 30, 2016

Time: 9:00 a.m. to 12:00 p.m.

Where: Skirball Cultural Center, Hannon Theater at Chalon, Rose Hill Auditorium at Doheny

Registration Information:

To watch the report via live streaming in Rose Hills or Hannon Theater RSVP at: <a href="https://www.alums.msmu.edu/rswglivestream">www.alums.msmu.edu/rswglivestream</a>

To attend at the Skirball, RSVP at www.msmu.edu/statusofwomen

#### **Transportation Information:**

Shuttles will be provided to and from both campuses.

Breakfast provided at all three locations!

For more information email Heather Schraeder, Director of Special Events and Public Programs at <a href="mailto:hschraeder@msmu.edu">hschraeder@msmu.edu</a> or call: (213) 477-2761

Sponsored by Institutional Advancement

# French Club Bake Sale

Monday, March 21, 2016 Administration Lawn 12:00 p.m.- 1:30 p.m.

LE CERCLE

#### FRANCOPHONE FUNDRAISER

For more information email elann Gillham at *lelaaill@msmu.edu* 

























Los Angeles Women's International Festival March 24-27, 2016

Regal Cinemas LA Live 1000 W. Olympic Blvd Los Angeles, CA 90015



**Closing Night Gala** 

**Posthumous** 

Directed by Lulu Want

Now in its 12th year the Los Angeles Women's International Film Festival serves as a platform for women filmmakers worldwide to share their unique stories and cultural experiences with Los Angeles' diverse audience. The festival's programming also reflects Alliance of Women Filmmakers' mission to educate and inform audiences of social, political, and health issues impacting women globally.

#### **FESTIVAL HIGHLIGHTS**

#### **Centerpiece Screening**

CodeGirl
Directed by Lesley Chilcott
Followed by a Women of
Wamer STEM panel

#### **Open Night Gala**

Despite the Falling Snow
Directed by Shamin Sarif

#### Tickets are only \$5

Please use promo code: Student

To see the full program schedule and purchase tickets, please visit: <u>bit.ly/lawiffprogram</u>

For more information email Diana Means at *Diana.means@yahoo.com* 

Sponsored by: Institutional Advancement

#### **VOUNTEER OPPORTUNITY**

The LAWIFF Needs You!

Film Festival dates: Thursday, March 24 - Sunday, March 27, 2016

Gain a deeper experience of the LAWIFF by becoming a festival volunteer. Volunteering with LAWIFF is an opportunity to see incredible films, network with filmmakers and entertainment executives, make friends and take part in a truly collaborative event that supports and celebrates women filmmakers from around the world.

For more information email Diana Means at Diana.means@yahoo.com

**Sponsored by Title III STEM Program** 

### Class of 2016 Ice Cream Social

Come learn about all the exciting things we've got going on for Seniors.

Make your gift to the Class of 2016 Scholarship.

And don't forget to RSVP to your Senior Farewell Dinner (4/20).

We've got sprinkles too!



Tuesday, March 22, 2016
Administration Lawn
1:00 p.m. - 2:00 p.m.

For more information email Maria Solano, Individual Giving at <u>msolano@msmu.edu</u> or call: (213) 477-2536

Sponsored by: Institutional Advancement & Alumnae Relations

Volume 1, Issue No. 10 Page 3

# **CPS Tips Of the Week**

Steps YOU Can Take to Prevent OTHERS from Being Sexually Assaulted:

Create a Distraction
Interrupt any questio
suggesting that every

Interrupt any questionable situation by suggesting that everyone goes to get pizza, or goes to another location, or dances all together.

Ask Directly

Ask the person you are concerned about: "Who did you come here with?" or "Would you like me to stay with you?"

Refer to an Authority

Talk to the security guard, the person in charge of the party, the bartender, or another employee about your concerns. Don't hesitate to call 911.

**Enlist Others** 

Ask a friend to help you intervene, ask someone the person you're concerned about knows, intervene with a group.

For more information call: (310) 954-4004

Sponsored by: Counseling and Psychological Services

#### Ways to Promote Civility & Respect

- ⇒ Consider how your use of technology (e-mail, social media, etc.) helps or hinders a respectful work/organization environment. Remember that with e-mail there is no voice tone to help convey meaning.
- ⇒ Rely on facts rather than assumptions. Gather relevant facts, especially before acting on assumptions that can damage relationships.
- ⇒ Take time to learn more about a background or culture you are not familiar with to expand your own perspective and interpersonal skills.
- ⇒ Have difficult conversations in person or, at a minimum, by telephone, not electronically.
- ⇒ Adopt a positive and solution-driven approach to resolving conflicts.

Sponsored by: The Mount Civility Project.

# CAMPUS MINISTRY HOLY WEEK

Begins sundown on Saturday, March 19,2016. The most sacred days of the Christian year, a time marked by simplicity, quiet reflection, fasting, and prayer.

Pick up a Mercy Bag

Monday, March 21, 2016

Time: 2:00 p.m.

Where: Humanities 105

Lenten #MERCYMONDAY
No cookies in observance of Holy Week

#### INFORMATION ABOUT MASS!!

Mass will NOT be celebrated at Chalon on Sunday, March 27, 2016

Visit our neighboring parish, Saint Martin of Tours: Sunday Mass Times: 7:30 a.m., 9:30 a.m., 11:30 a.m. and 5:30 p.m. For more information call (310) 954-4125 or email: <a href="mailto:campusministry@msmu.edu">campusministry@msmu.edu</a>

Sponsored by Campus Ministry

#### **CAMPUS CORRESPONDENT OPPORTUNITY!**



Would you like to become a Mount Saint Mary's University **Student Health 101 CAMPUS CORRESPONDENT?** 

Looking to build your résumé? Like to produce videos? Enjoy meeting new people? Want to help your peers?

Interested in health and wellness?

Open to all Traditional Undergraduates seeking a fun-filled Leadership opportunity! This is NOT a work study position.

**Apply for the Internship today!** www.studenthealth101.com/cc.html

Student Health 101 e-magazines, FREE!

<u>Visit: www.readsh101.com/msmu.html</u>

For more information call: (310) 954-4110

**Sponsored by Health Services** 



health 01

#### Requesting a Room Change

If you did not like the room you were assigned for the 2016-2017 academic term, *Room Change Forms* will be available 3/21/16 via orgsync.

Step 1: Submit your *Room Change Request* form through

OrgSync by Monday, March 28, 2016 at 4:30 p.m.

Step 2: If your room was changed, you will be able to log into the

Portal to view your room assignment on Friday, April 1, 2016 after 4:30 p.m.

#### Please take note of the following:

- \* Not all residents who submit a Room Change Form will be granted a change
- \* If you are assigned a new room, you forfeit your previously assigned room (this is not an offer, and you cannot decline the room change)
- \* IPT students who participated in the New Room Process who have decided not to transfer to the Chalon campus, or students who participated in the New Room Selection Process at Doheny but were accepted in to the IPT program after Friday, February 26, 2016 must participate in the Room Change process

For more information call: (310) 954-4325 Sponsored by Residence Life

# The Mount Civility Project at MOUNT SAINT MARY'S UNIVERSITY LOS ANGELES

**PRESENTS:** 

#### **SPEAK UP!**

**Lunch and Learn Series** 

"What to do about negative remarks, casual comments and slurs?"

Tuesday, March 29, 2016 at Chalon 12:00p.m.—1:00p.m. at Hannon Parlor

Thursday, March 31, 2016 at Doheny 1:30p.m.—2:30p.m. at Donohue Center

Please RSVP, by Monday, March 28, 2016 12 p.m. https://orgsync.com/54559/forms/186522

For more information email Laura Crow, Dean of Student Life at <u>Lcrow@msmu.edu</u> or call: (310) 954-4130



#### **Class of 2016**

You can make a difference at the Mount!

Help support a student in need with your contribution to the Class of 2016 Scholarship Fund

Make your gift of \$20.16

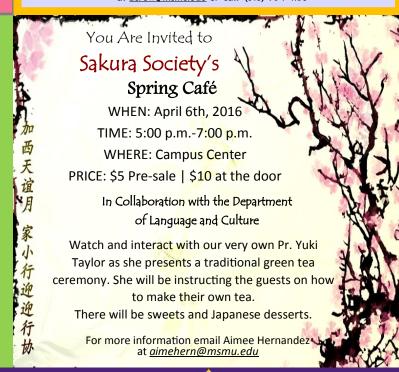
and we will match it with a gift of \$40.32!

Match generously provided by
Alum Board President, Suzanne Hoffman '84

Scholarships provide up to 40% of total tuition costs. Pay it forward and help future students succeed.

Make your senior class gift at alums.msmu.edu/classof2016 by April 20!

For more information email Maria Solano, Individual Giving at <u>msolano@msmu.edu</u> or call: (213) 477-2536





### **Weekend Events**



Friday 3/25

Saturday 3/26

**Sunday 3/27** 







Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 p.m. for the next week's issue.





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Volume 1, Issue No. 10

Monday, March 28, 2016

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#### LOOKING FOR AN EXCITING JOB

ON CAMPUS?



Apply to be an Admission Associate For 2016 -2017

10 Job Openings! Open to residents and commuters Must be full time undergrad student

Work study not needed

Flexible Hours **Professional Development Public Relations Experience** Leadership Skills Great Work Environment

Applications must be submitted by email only

To request an application please send an email to admissions.associates@msmu.edu Applications will be available via email

March 14, 2016

All Applications due by Friday, April 1, 2016 Sponsored by Admissions

# Mountchella

#### Missed Coachella? Then come to Mountchella!

Thursday, April 7, 2016 11:00 a.m. to 2:00 p.m. In the Circle and Administration Lawn

There will be music, food, games, and prizes! You won't want to miss out!

If you have any questions, please email Chalonsac@msmu.edu

Sponsored by: The Chalon Student Activities Council

# **CPS Tips of the Week**

NO MEANS NO



"NO" means NO. "Not Now" means NO. "Maybe Later" means NO. "No Thanks" means NO. "Don't Touch Me" means NO. "Let's Just Go To Sleep" means NO. "You've/I've Been Drinking" means NO. SILENCE means NO.



Counseling and Psychological Services Chalon Office, 310.954.4004, Humanities 1st floor Doheny Office, 213.477.2668, McIntyre 1st floor



# On Being a Detective

Putting the Search Back In Research with **Paul Martin** 

Tuesday, March 29, 2016 Library 203



"Google' is not a synonym for 'research'." -Dan Brown

For more information email: <u>PMartin@msmu.edu</u> or Call: (310) 954-2690 Sponsored by the Learning Resource Center























# The Mount Civility Project

at MOUNT SAINT MARY'S UNIVERSITY
LOS ANGELES

#### **PRESENTS:**

SPEAK UP! Lunch and Learn Series

"What to do about negative remarks, casual comments and slurs?"

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Thursday, March 31, 2016 at Doheny 1:30 p.m. - 2:30 p.m. at Donohue Center

Please RSVP, by Monday, March 28, 2016 12 p.m. so that we may have an accurate food count https://orgsync.com/54559/forms/186522

For more information email Laura Crow, Dean of Student Life at <u>Lcrow@msmu.edu</u> or call: (310) 954-4130

# GRADUATE PROGRAMS

- Education
- Counseling Psychology
- **Business Administration**
- **Humanities**
- **Religious Studies**
- **Creative Writing**
- Film & Television
- Health Policy & Management
- Nursing
- Physical Therapy



Tuesday April 19, 2016 11:00 a.m. - 2:00 p.m. Hannon Patio Tuesday April 5, 2016 11:00 a.m. - 2:00 p.m. Hannon Theatre Foyer

For more information email: <u>gradprogram@msmu.edu</u> or call: (213) 477 – 2800 Sponsored by Graduate Admissions Department

# Meet the SGA Candidates!



Tuesday, March 29, 2016 11:00 p.m.-1:00 p.m. in the Circle

Learn more about who's running and what they are running for. Food and refreshments will be served!

To review candidate statements and to learn more about SGA Election events, visit: www.msmu.edu/vote

Polls open at 8:00 a.m. on Monday, April 4, 2016! Sponsored by Student Government Association

We are happy to announce that our MSMU Student Health 101 Campus Correspondents



# Aimee Hernandez and Cindy Carrillo

have been chosen by the Student Health 101 Magazine Production team as CAMPUS CORRESPONDENTS OF THE MONTH!

Congratulations on this wonderful achievement as we continue to prove that MSMU is truly

{ UNSTOPPABLE }

Sponsored by: Student Health Services



### Weekend Events



#### Friday 4/1

A hike you can squeeze in after school!

Check out the Los Liones Trail
2.6 miles out and back

580 Los Liones Drive, Pacific Palisades, CA 90272 Opens at Dawn, Closes at Sunset

#### Saturday 4/2

Grab a bite to eat at the newly opened

SHAKE SHACK

Located in West Hollywood! Hours: 11:00 a.m. to 11:30 p.m. Join the Mount

Community for mass at

7 p. m.

Sunday 4/3

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 p.m. for the next week's issue.

E-mail: <u>athenianweekly@msmu.edu</u>





Athenian Promise: I will contribute to the development of a caring community where compassion for others and freedom of thought and expression are valued. (5 out of 6)

Volume 1, Issue No. 11

Monday, April 4, 2016

**Published by the Student Affairs Office** 



\$10 ticket

includes meal and show!

Experience Mexican culture through dance and traditional homemade Mexican food!

Donahue Center 10 Chester Place, Los Angeles, CA 90007 Thursday, April 14 at 7:00 p.m.

For tickets and more information e-mail: <u>msmuballetfolklorico@gmail.com</u>

# Using Linked in

To Succeed in Today's Job Market

Tuesday, April 5, 2016 1:00 p.m. -2:00 p.m. Humanities 201

#### **Learn How To:**

- Create a profile
- Network with alumni and employers
- Research opportunities
- Succeed in your internship and job search

#### Don't forget:

- BYOL (Bring Your Own Laptop)
- Work on your LinkedIn account at the workshop

Sponsored by Career Services and Internships For more information call: (310) 954-4410

#### WIN TICKETS FOR GRADUATION!

VIP balcony seating for 2 families.

Register at: <a href="https://www.alums.msmu.edu/vipseating">www.alums.msmu.edu/vipseating</a>

Deadline to register: April 20, 2016

For more information contact Maria Solano email: <u>msolano@msmu.edu</u> Sponsored by: Alumnae Relations

#### CPS TIP OF THE WEEK

#### **SLEEP STRESS AWAY**

Sleep is essential in preventing & managing stress

The American Psychological Association recommends 7-9 hours of sleep a night in order to rest our mind and bodies (2013)

But WHY is sleep so important?

- Recharges your mind and body
- \* Improves memory and judgement
- \* Improves your mood
- Decreases irritability
- \* **Prevents** you from feeling sluggish
- \* Improves your ability to concentrate & retain information Sponsored by: Counseling and Psychological Services

CPS & grow

15 Weeks to Connect and Win Week 12:

Take a Picture at the Spring Carnival on April 7, 2016!

**Step One:** Follow us via Instagram: @msmu\_spcs and Facebook: @MSMUStudentprogramming

**Step 7wo:** Complete the activity of the week

**Step Three:** Instagram a photo of you completing the activity with #SPCS\_Iwannawin (Be sure to have a public profile)

#### April

Week 13—4/11 Take a Picture at Athenian Awards.

Week 14— 4/18 Take a Picture on how you celebrate Earth Day.

Week 15—4/25 Take a Picture with your favorite faculty member.

Sponsored by Student Programming and Commuter Services
For more information email: <a href="mailto:studentprogramming@msmu.edu">studentprogramming@msmu.edu</a>
or call: (310) 954-4120























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You Are Invited to

#### Sakura Society's Spring Café

WHEN: April 6th, 2016 TIME: 5:00 p.m.-7:00 p.m. WHERE: Campus Center

PRICE: \$5 Pre-sale | \$10 at the door In Collaboration with the Department of Language and Culture

Watch and interact with our very own Dr. Yuki Taylor as she presents a traditional green tea ceremony. She will be instructing the guests on how to make their own tea. There will be sweets and Japanese desserts.

For more information contact Aimee Hernandez Email: aimehern@msmu.edu

#### **ATTENTION CLASS OF 2016**

Include your memories in this year's "How We Got Here" video to be played for your friends and family on May 9, in the Shrine Auditorium, before the start of Commencement 2016!

#### We will have a video crew on campus on:

Tuesday, April 5: Chalon Campus, The Circle at 11:30 p.m. - 1:30 p.m.

Thursday, April 7: Doheny Campus, Ahmanson Commons at 11:30 p.m. - 1:30 p.m.

Saturday, April 9: Doheny Campus, Ahmanson Commons at 11:30 p.m. - 1:30 p.m.

For more information email: <u>dream@msmu.edu</u> or <u>pjordan@msmu.edu</u>

Sponsored by: Communications and Marketing

# **Hire Attire Fashion Show**





Tuesday, April 12, 2016 at 1:00 p.m.-2:00 p.m. Doheny Rose Hills Auditorium

PLUS:

Bake sale proceeds will go to Dress for Succ For more information contact Angela Tilley email: atilley@msmu.edu

Sponsored by: Career Services and Internships

### This Week: SGA Elections!

Voting is as easy as 1-2-3-4!

- Vișit msmu.edu/vote to review candidate bios and other ballot measures.
- VOTE online at <u>msmu.edu/vote</u>. You must be logged in to access the ballot.
- Stop by the Women's Leadership & Student Involvement Office to receive your official Mount "I Voted" sticker.
- Post a picture wearing your "I Voted" sticker on Instagram using #futureofsga to be entered to win fun

**Voting** is open Monday, April 4, 2016 at 8:00 a.m.

Thursday, April 7,2016 at 3:00 p.m.

Your Voice. Your Vote. SGA Elections 2016.



### Weekend Events



You can



Sunday 4/10

Friday 4/8

OPENING WEEKEND ALERT!

EXPERIENCE THE MAGIC AT THE WIZARDING WORLD OF HARRY POTTER AT UNIVERSAL STUDIOS Saturday 4/9

Play with dogs Love one of over a cup of the pups? coffee at DOG CAFÉ! adopt too!

240 N. Virgil Ave (Unit 13) Los Angeles, CA 90004

Praise the Lord at 7 p.m. with the Mount Community!

TODAY!

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 p.m. for the next week's issue.

E-mail: <u>athenianweekly@msmu.edu</u>





Athenian Promise: I will honor, challenge and contribute to the scholarly heritage left by those who preceded me and work to leave this a better place for those who follow. (6 out of 6)

Volume 1, Issue No. 12

**Monday, April 11, 2016** 

ALL

**MAJORS** 

WELCOME!

When: Thursday

April 14, 2016

1:00 p.m. to

2:00 p.m.

Where:

**Chalon Campus** 

**Room H-404** 

STEM

**Published by the Student Affairs Office** 

### **STEM's Speaker Series:** Ms. Marielle Sallo



Are you interested in the field of Education or STEM?

Join Ms. Sallo as she speaks on her educational journey. Ms. Sallo received her Bachelors of Science in Mathematics/Applied Science with an emphasis in Medical and Life Sciences from UCLA. She received her M.A. in Secondary Education from LMU. Currently, she is the Principal at San Gabriel Mission High School and working on an Ed.D. in Educational Leadership at UCLA.

For more information contact Sandy Chavez at schavez@msmu.edu

Sponsored by: STEM

#### **Campus Security Safety Tips** Violence Prevention



Hazing is a form of violence and is defined as any method of pre-initiation into a student organization or any pastime or amusement engaged with respect to such an organization which causes, or is likely to cause:

- **Bodily danger**
- Physical harm
- ⇒ Personal degradation or disgrace
- Resulting in physical or mental harm to any student or person

It is against University policy to conspire and engage in hazing. Stand up and say NO to any organization that tries to pressure you with hazing. Your life is important.

Remember, always report incidents to Campus Security.



Safety Tips are brought to you by the Department of Campus Security Stay Informed, Stay Alive.



Oxfam America Club

# resents Refugee for a Day Simulation



What would happen if you had to leave your life behind in search of a place that would accept you, with only the clothes on your back?

> Monday, April 11, 2016 Time: 3:00 p.m. Administration Lawn

For more information email Melanie Sava at melasava@msmu.edu

### It is National Student Employment Week!

### COME CELEBRATE WITH FREE ICE CREAM SANDWICH







Tuesday, April 12, 2016

1:00 p.m. - 2:00 p.m. Chalon Circle

\*Work Study Students Only\*

Sponsored by: The Office of Student Employment























# CAMPUS MINISTRY ANNOUNCEMENT

### LENTEN #MERCYMONDAY MERCY BAGS - NO COOKIES!

Monday, April 11, 2:00 p.m. Humanities, 105

Come pick up a mercy bag from the Campus Ministry Office!

#### MAGNIFICAT HOUSE MASS

Monday, April 11, 7:30 p.m.

Aldworth Residence Hall

Celebrate Mass with the residents of Magnificat House in the living room! All are welcome!

#### **CONFIRMATION MASS**

Sunday, April 17, 7:00 p.m.

Mary Chapel

Come celebrate Mass and witness the Confirmation of 27 Mount students. Reception to follow in the Student Lounge with Easter treats!

For more information email Campus Ministry at: <u>campusministry@msmu.edu</u> or call (310) 954-4125



When: Thursday, April 14, 2016

Where: BJ's Westwood 939 Broxton Avenue Los Angeles, CA 90024

Time: 11:00 a.m. - 11:00 p.m.

\*\*\*\*Must bring flyer to raise money for the fundraiser\*\*\*

For more information email Gabrielle Duhina at: <u>gabriduhi@msmu.edu</u>

Consumption of alcoholic beverages during the fundraiser is against MSMU policy.



# MOUNT PHYSICAL ACTIVITYDAY





| Activity                   | Time                 | Location         |  |
|----------------------------|----------------------|------------------|--|
| Yoga                       | 9:00 a.m 10:00 a.m.  | DH309            |  |
| Badminton & Table Tennis   | 10:00 a.m 11:00 a.m. | The Circle       |  |
| RockYourBody™              | 11:00 a.m 12:00 p.m. | DH309            |  |
| Rockwall                   | 12:00 p.m 2:00 p.m.  | The Circle       |  |
| Hula Hoop                  | 2:00 p.m 3:00 p.m.   | The Circle       |  |
| Competition and Bocce Ball |                      |                  |  |
| Zumba                      | 3:00 p.m 4:00 p.m.   | DH309            |  |
| Free Throw Competition     | 4:00 p.m 5:30 p.m.   | Basketball Court |  |
| Circuit Training           | 5:30 p.m 6:20 p.m.   | Tennis Court     |  |
| Hike                       | 6:00 p.m 7:00 p.m.   | Fitness Center   |  |

- ⇒ Attend at least 3 activities to receive a Sports & Wellness t-shirt or water bottle.
- ⇒ Each activity you participate in gets you an entry into the raffle for more grand prizes!

For more information contact Angela Faissal at (310) 954-4452 or via email at afaissal@msmu.edu



#### Senior Farewell Dinner

**SAVE THE DATE** Wednesday, April 20, 2016 7:00 p.m. - 9:00 p.m. Chalon Campus Center

> RSVP now at: www.alums.msmu.edu/ seniorfarewell2016

**SPACE IS LIMITED!** 

#### 2016 SLIDESHOW

Share pictures of <u>your</u> Mount moments for the <u>2016 Slideshow</u> which will play during the senior farewell dinner.

Share them at: www.alums.msmu.edu/slideshow16

Closes: 4/3/16

#### SENIOR CLASS GIFT

Don't forget to participate and make your class gift today for the Class of 2016 Scholarship!

Give \$20.16 NOW and it will be matched \$2 for every \$1 donated by Alum Board President Suzanne Hoffman '84.

Donate at:

www.alums.msmu.edu/classof2016

Closes: 4/20/16

#### **VOTE FOR YOUR GUEST** SPEAKER!

Vote for your favorite faculty member for the Senior Farewell Dinner.

Vote at: www.alums.msmu.edu/seniordinner2016

Closes: 4/1/16



VIP balcony seating for 2 families at graduation.

Register at: www.alums.msmu.edu/vipseating

Closes: 4/20/16



For more information email Director of Annual Giving Maria Solano at msolano@msmu.edu

NOMINATE NOW!

Sponsored by: Institutional Advancement

#### Doheny Senators



Anika Ahsan



Yenia Vidal-Marquez

#### **Meet your 2016-17**

#### Student Government Association



Giselle Sipaque



Melanie Sava



Jessica Farrell

#### General Senator



Emely Vargas

#### Commuter Senators



Xena Peña



Jannet De la Torre



Meghan Mai



Melanie Corral

Congratulations to all winners!

For more information on vacant SGA positions email: sga@msmu.edu



The Commuter Mentor Program provides a means of communication and opportunities for freshmen commuter students to engage in the Mount community. We empower first-year commuters to begin their journey at Mount Saint Mary's University with the fearlessness and knowledge necessary to succeed and achieve greatness as proud Athenians.

#### Commuter Mentors for 2016-2017:

ANA GOMEZ
ANGELA GONZALEZ
ASHLEY FLORES
CYNTHIA CASTANEDA
ESMERALDA ARECHIGA
GENNA AMADO
JACQUELINE LIMA
JALYSSA AGUIRRE
JENNIFER CARRILLO
KARLA GUARDADO-SEGURA

KAYLA TAYLOR
LAUREN VANDENBOSCH
LILVBETH VALENCIA
LINDSEY VENTURA
MARICELA GALVEZ
MELANIE SAVA
NAGELA MANIMTIM
PAULINE CHENG
SANDRA MEDINA

Sponsored by: Student Programming and Commuter Services

# CPS TIP OF THE WEEK Stress Busting Foods

Nutritious foods can help boost serotonin and decrease levels of cortisol and adrenaline (stress producing hormones), thus preventing and decreasing stress.

Bust the stress away with these foods:

High fiber foods
Salmon or tuna
Almonds

Dark chocolate
Fruits, especially oranges

Sponsored by: Counseling and Psychological Services

# Hire Attire Fashion Show



Tuesday, April 12, 2016 at 1:00 p.m.-2:00 p.m. Doheny Rose Hills Auditorium

PLUS:
BERTI'S
PASTRIES
BAKE
SALE
Bake sale proceeds will go to Dress for Success

For more information email Angela Tilley at: atilley@msmu.edu

Sponsored by: Career Services and Internships

# GRADUATE PROGRAMS

- Education
- Counseling Psychology
- Business Administration
- Humanities
- Religious Studies
- **Creative Writing**
- Film & Television
- Health Policy & Management
- Nursina
- **Physical Therapy**



Tuesday April 19, 2016 11:00 a.m. - 2:00 p.m. Hannon Patio

Tuesday April 26, 2016 11:00 a.m. - 2:00 p.m. Hannon Patio

For more information email <u>Gradprograms@msmu.edu</u>



**Weekend Events** 



Friday 4/15

Saturday 4/16

**Sunday 4/17** 



OBSCURA VO

1 Day. 160 events. 31 States. 60 Counties. Celebrate the world's most curious & awe-inspiring places.

Event Information at <a href="http://www.atlasobscura.com/">http://www.atlasobscura.com/</a>

Celebrate Mass with the Mount Community at 7 p.m.

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 p.m. for the next week's issue.

E-mail: <u>athenianweekly@msmu.edu</u>





Athenian Promise: I will embrace the concept of a civil community which does not tolerate violence, theft, bigotry, or harassment of others in any form. (1 out of 6)

Volume 1, Issue No. 13

Monday, April 18, 2016

**Published by the Student Affairs Office** 



Campus Security Safety Tip
Cyber-Bullying: Don't become a victim

Cyber Bullying is on the rise more so than other types of bullying. Here are some tips that will help you to not become a victim.

- ⇒ Do not share your online password or phone passcode
- ⇒ Do not be afraid to report a Cyberbully to Campus Security or Student Affairs
- ⇒ Never share personal information, such as your home address or phone number online
- ⇒ Never take nude or compromising pictures or videos of yourself or of your friends on your cell phone. Even if you just share them among your friends, they can soon spread like wildfire
- ⇒ Do not respond to a Cyberbully. Instead block them from your social network profile and monitor your privacy settings
- ⇒ Remember if you would not say it in person, don't say it online
- ⇒ If you witness bullying, report it to Campus Security right away or you can report the bullying anonymously through Mount watch on the Campus Security portal page

See Something, Say Something!



Safety Tips are brought to you by Department of Campus Security Stay Informed, Stay Alive.





Tips for Confronting Incivility

Step 1 - Think strategically about when to approach the person.

What do you think will be most effective: Speaking up in the moment? Waiting until some time has passed so that emotional level might be diffused? Should you go alone or with someone else? Does it make sense to confront the person in front of others so that you might have some back up? Or is it better to talk alone over coffee or lunch? Is this something that has happened repeatedly in certain situations so that you could talk to the person preemptively?

Think Civility Tips are brought to you by
The Mount Civility Project.

For more information email Laura Crow, Dean of Student Life at Lcrow@msmu.edu or call: (310) 954-4130



Want to Serve on SGA Next Year?

**Appointed Positions Open!** 

—General Senator—

Attend meetings, represent your fellow Athenians!

Los Angeles

—Educational Programs Chair—

Help SGA host events like National Collegiate Alcohol Awareness Week. Get creative and think of other information educational programs for SGA.

#### —Service Chair—

Loved Charity Ball? Plan it! You will lead a committee of senators and volunteers to help raise money for wonderful causes. You will have a chance to give back to the Mount community by guiding SGA in other service programs.

#### —Election Chair(s)—

Want to shape the future of SGA next year? Help us get more people engaged in the SGA elections process next year by serving as Elections

To apply, visit: www.msmu.edu/apply-SGA

First review of applications begins Monday, May 2, 2016

For more information email: <a href="mailto:sqa@msmu.edu">sqa@msmu.edu</a>

# DE-STRESS DAY Let Relaxation take Root! Monday, April 25, 2016

11:30 a.m. \_ 2:30 p.m.

Administration Lawn and Hannon Parlor

- Arts & Crafts
- Puppies & Kittens
- ◆ FREE Massage: First come, First served



All events are FREE

For more information contact Health Services at (310)954-4140 or CPS at (310)954-4114.

Sponsored by Health Services and Counseling and Psychological Services



























Nominate your peers TODAY via Orgsync https://orgsync.com/540082/forms/196162

Ceremony

Date: Thursday, April 28, 2016 Time: 6:00pm

**Location: Campus Center** 

Business Casual Attire

For more information: e-mail: sga@msmu.edu or blanduen@msmu.edu

Sponsored by: Student Government Association (SGA)

# CAMPUS MINISTRY

# EASTER COOKIES!

Monday, April 18, 2016 at 20 m in H105

Take a break from your studies and enjoy freshly baked cookies in the Campus Ministry office!

#### EARTH DAY

Thursday, April 21,2016 at 11:30 a.m.

Visit the Campus Ministry booth and learn more from our Social Action team about how you can help our global home!

#### CONFIRMATION MASS

Sunday, April 17, 2016 at 7 p.m

Come celebrate Mass and witness the Confirmation of 27 Mount students. Reception to follow in the Student Lounge with Easter treats!

For more information email Campus Ministry at: <a href="mailto:campusministry@msmu.edu">campusministry@msmu.edu</a> or call (310) 954-4125

# Class of 2016 Events and Reminders

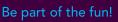
#### **REGISTER TO WIN**

VIP balcony seating for 2 families at graduation. It's free!



Closes Wednesday, April 20, 2016

#### 2016 SLIDESHOW



Share pictures of your Mount moments for the 2016 Slideshow which will play during the senior farewell dinner.

<u>Share at: www.alums.msmu.edu/slideshow16</u> Deadline was extended. Submit Now!

# THANK YOU FOR VOTING FOR YOUR GUEST SPEAKER

The top nominee will speak at the Senior Farewell Dinner.

**Voting Closed** 



#### **SENIOR CLASS GIFT**

Don't forget to participate and make your class gift today to the Class of 2016 Scholarship! Give \$20.16 now and it will be matched \$2 to \$1 by our generous Alum Board President, Suzanne Hoffman '84.

**DONATE HERE:** <u>www.alums.msmu.edu/classof2016</u>

For more information email Director of Annual Giving Maria Solano at <u>msolano@msmu.edu</u>

#### **SENIOR FAREWELL DINNER**

The class of 2016 is cordially invited to attend:

When: Wednesday, April 20, 2016 Time: 7:00 p.m. to 9:00 p.m.

Where: Chalon Campus Center

This semi-formal event will be unforgettable.

We are currently at capacity.

To be added to the wait list, please email <u>amadrid@msmu.edu</u>

Sponsored by: Institutional Advancement

**Greetings from the Business Office** 

VISIT OUR KIOSK BOOTH!

Get help from Business Office associates and a representative of the University Credit Union!

> When: Wednesday, April 20, 2016 Time: 10 a.m. to 1 p.m.

Location: St. Joseph Administration Center Lawn

#### IMPORTANT DEADLINES!

| PAY FOR SUMMER 2016 BY                            | Friday, May 6, 2016        |
|---------------------------------------------------|----------------------------|
| HEALTH INSURANCE WAIVER<br>DEADLINE FOR FALL 2016 | Wednesday, August 31, 2016 |
| PROGRAM                                           | CLEARANCE DEADLINE         |
| TRADITIONAL UNDERGRADUATE RETUNING                | Wednesday, June 8, 2016    |
| TRADITIONAL UNDERGRADUATE<br>NEW (CHALON FROSH)   | Wednesday, July 13, 2016   |
| TRADITIONAL UNDERGRADUATE NEW (DOHENY FROSH &     | Wednesday, August 10, 2016 |





Congratulations to all the student leaders recognized at the 2015-2016 Athenian Awards!



#### **Inter-Club Council Awards**

CHALON TRANSFERS)

Organization of the Year Student Government Association

#### **Most Collaborative Program**

Scholar Mentor Fair Scholar Mentor Club

In collaboration with Pangkat Pilipino, CNSA, WISH, the French Club, Psychology club, SGA, ATD, Phi Theta Mu, and many more.

#### **Most Original Program**

Noche Mexicana

Ballet Folklorico Club

**Most Creative Publicity** 

California Nursing Student Association

#### Faculty of the Year

Lance Skidmore

#### Staff of the Year

Haig Papelian

Congratulations to all of our students who received awards on this day. Thank you for all of your hard work! You are **UNSTOPPABLE!** 



Kappa Delta Chi Presents

# St. Anne's Charity Drive

Benefiting the children of StAnne's Monday, April 18 - 29,2016

Drop Off Boxes: Campus Ministry & Humanities 4th Floor We are accepting the following!

Informational Booth: Where: Administration Lawn When: April 20 and April 27

-Puzzles

-Lego

-Board Games

-Crayons

-Markers -Glue

-Children's Scissors

-Construction Paper

-Paint Brushes & Paint

-Canvas

-Children's Music CD's

-Outdoor Play Items: -Balls, bean bags, ribbon bells, sidewalk chalk, etc. -Children's Books in English and/or Spanish:

-ex. "Curious George" -Books about feelings, insects, farm animals, outerspace, etc.

-Play-Doh & accessories -Fingerpaint & Fingerpaint Paper For more information email us at: kdchi.est.1929@gmail.com



# Doheny Summer Housing 2

Available to Chalon and Doheny

Traditional Undergraduate Residents

### Applications now available via OrgSync

- Must currently live in on-campus housing or must have been a resident before
- Must be cleared with the Business Office at the time of applying for Summer Housing
- Must be a traditional undergraduate MSMU student at the Chalon or Doheny campus
- Must be in good standing with the Residence Life Office and the University
- Must turn in Summer Housing application with a copy of the \$125 down payment
- Must be registered as a full-time student (12 units) for the Fall 2016 semester
- Only female summer housing is available at Doheny in House 20
- We will have approximately 7 spaces in triples and doubles

For more information please call Residence Life Office:

Doheny (Hannon 123) at (213) 477-2661

Chalon (Brady 101) at (310) 954-4325

Application Deadline: Friday, April 22, 2016

#### **BLOOM AGAIN FOUNDATION**

Invites You to our 6th Annual





short films by, for, about Women



**Sunday, April 24, 2016** The California Science Center

700 Exposition Park Drive, Los Angeles, CA 90037

Come as early as 11:00 a.m. to enjoy fabulous, family friendly California Science Center and all of its' exhibits, including the Space Shuttle Endeavour!

Tickets available online at: lunafest.org/losangeles0424

## **ATTENTION CLASS OF 2016!**



Include your memories in this year's "How We Got Here" video to be played for your friends and family on May 9 in the Shrine Auditorium, before the start of Commencement 2016!

#### **We Will Have a Video Crew on Campus:**

Wednesday, April 20, 2016 Chalon Campus, Campus Center/Plaza 6:00 p.m. - 9:00 p.m.

For more information email: dream@msmu.edu or pjordan@msmu.edu

Sponsored by: Communications and Marketing



### Weekend Events





Saturday 4/23

CHECK OUT THE NEW EXHIBITS AT THE BERG SPACE FOR PHOTOGRAPHY IN **CENTURY CITY** 

FREE Admission 2000 Avenue of the Stars, Los Angeles, CA 90067 **Enjoy Sunday Mass with** the Mount Community at 7p.m.

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 p.m. for the next week's issue.

E-mail: <u>athenianweekly@msmu.edu</u>





Athenian Promise: I will commit myself to the pursuit of knowledge with personal integrity and academic honesty. (2 out of 6)

Volume 1, Issue No. 14

Monday, April 25, 2016

**Published by the Student Affairs Office** 

### Campus Security Safety Tip: Travel and Vacation Safety

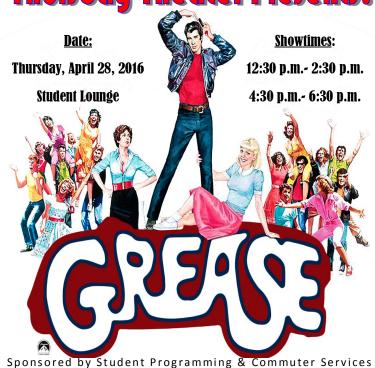
It's important to think about your safety when traveling and vacationing. Here are some suggestions you can do to keep yourself and your belongings safe:



- ⇒ Make sure to clean out your wallet or purse. Take only essential credit cards.
- $\Rightarrow$  Carry your purse or wallet, close to your body or inside a front pocket.
- ⇒ Pack as lightly as possible. Lots of heavy bags will slow you down and make you more vulnerable to getting robbed.
- ⇒ Carry anything you may need/of value such as medication.
- ⇒ Don't display expensive jewelry, cameras, bags and other valuable items.
- ⇒ Stick to well-lighted, well-travelled streets at all times.
- ⇒ Always lock your car and leave valuables out of sight, preferably locked in the trunk.
- ⇒ Always lock your hotel room! Don't leave jewelry, money or other items lying around. Secure your valuables in a safe place.

Brought to you by: The Department of Campus Security
Division of Student Affairs

# Thurrday Theater Presents:



red by Student Programming & Commuter Services

Division of Student Affairs

For more information call: (310) 954-4120



# ATTENTION GRADUATING STUDENTS!



Deadline to pick up Commencement tickets is Friday, April 29, 2016.

If you do not pick up tickets prior to this date, you may not be eligible for all 7 guest tickets.

If you reserve your tickets on Marching Order but do not pick up your tickets by Friday, April 29, 2016, you are not eligible for all 7 guest tickets.

All graduates who are cleared to participate in Commencement ceremonies will receive an email with instructions on how to reserve your tickets. You must reserve your tickets prior to picking them up.

Last day to reserve tickets is Thursday, April 28, 2016.

You will receive your 8 tickets (one for you, seven for guests)

#### YOU MUST PRESENT A PHOTO ID TO PICK UP YOUR TICKETS!

For additional information visit <a href="https://www.msmu.edu/commencement">www.msmu.edu/commencement</a>
Brought to you by the Commencement Committee

























### **Kind Words**

"Kind words can be short and easy to speak, but their echoes are truly endless."

- Mother Teresa

Think Civility Tips are brought to you by The Mount Civility Project



### **Greetings from the Business Office**

#### Good luck with finals!

Quick Study Tip: Reserve a study room at the library to study for your finals.

Call the Doheny library at (213)477- 2570 or the Chalon library at (310) 954-4370 for more information.

Also, the 24-hour study room at Doheny is available to all current students.

#### Summer 2016 Deadline:

The deadline to pay for summer school is May 6, 2016.

#### We Are Open

We will be open regular hours during the summer months. Feel free to contact us for clearance or if you have any questions.

#### DOHENY PARKING ALERT

Out of respect for our St. Vincent church neighbors, parked in the Figueroa lot, we kindly ask students, faculty, and staff to park in spaces designated specifically for MSMU.

Please be aware that vehicles will be **TOWED** at the owner's expense if they are found parked in spaces not authorized by MSMU.

If your vehicle is towed, towing information can be found on the signs displayed around the Figueroa lot.

Please note: Only active permit holders are permitted to park in the Figueroa lot.

All others will be cited and/or immobilized.

Brought to you by Transportation and Parking

# CPS Tip of the Week Mind-Body Medicine

Yoga, a practice developed thousands of years ago. It is a physical exercise which has a meditative and spiritual core. Yoga combines physical poses, controlled breathing, and relaxation or meditation to help achieve peacefulness of the mind and body.

A number of studies have shown that yoga can help reduce stress and anxiety. It can also enhance your mood and overall sense of well-being.

In addition to stress reduction yoga can:

Improve Flexibility
Build Muscle Strength
Relieve Depression
Make you Happier
Improve Focus

Increase Relaxation Improve Sleep Increase Self-Esteem Build Self-Awareness

Brought to you by Counseling and Psychological Services
Division of Student Affairs
For more information call: (310)-954-4004



### Weekend Events



#### **Friday 4/29**

The weather is starting to heat up!

Why not cool down with some ice cream?

WN TO SAWTELLE AND TRY

HONEYMEE

#### Saturday 4/30

Come Celebrate EARTH DAY

Glendale Central Park
Price, Free
Time, 10 a.m.

Enjoy food trucks and live entertainment, learn about solar energy and waste management

#### Sunday 5/1

Come Celebrate Sunday Mass with the Mount Community HONORING Graduating Seniors

Mary Chapel 7:00 p.m.

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 p.m. for the next week's issue.

E-mail: <u>athenianweekly@msmu.edu</u>





Athenian Promise: I will respect the sanctity of the learning environment and avoid disruptive and deceitful behavior toward other members of the college community (3 out of 6)

Volume 1, Issue No. 15

Monday, May 2, 2016

Published by the Student Affairs Office

#### **Travel or Vacation Safety Tips**

Going out of town this summer? Here are some suggestions to safeguard your home while you are away.

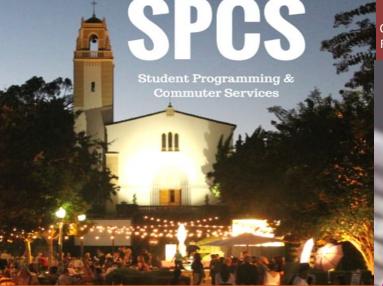
- Make sure all windows and doors are locked
- ⇒ Have timed lights that will turn on while you are away to support the illusion that someone is home
- ⇒ Ask a friend or family member to go by your home and make periodic checks
- ⇒ Optional: Install a professional alarm system

Have a fun and safe summer break!

Stav Informed, Stav Alive.

Brought to you by The Department of Campus Security **Division of Student Affairs** 





Now Hiring Work Study Students!

For more information visit: mountcareernetwork.com H200A | studentprogramming@msmu.edu | (310) 954-4120 Sponsored by Student Programming and Commuter Services Division of Student Affairs

#### **GENERAL STUDIES IIIA**

Discovering Music Fundamentals MUS 3 Music Masterpieces MUS 25/125 American Music Theatre MUS 42/142 Discovering Music Fundamentals MUS 3 3 Varieties of Music MUS 6/106 Doheny

Fall 2016

#### **ELECTIVES**

Guitar Class MUS 4 Chalon & Doheny Voice Class MUS 7 Piano Class 8A, 8B, 8C

#### **ENSEMBLES OPEN TO ALL STUDENTS**

**Mount Chorus** 0---1 **Mount Singers** 0---1 Mount Orchestra 0 - - 1Chamber Ensemble 0---1

Check web advisor for course description & specific class times. For more information contact Dr. Fassnacht at tfassnacht@msmu.edu

Come De-stress at Jea-stress!

May 2 through May 5, 2016

Where: Student Lounge

Time: 10:00 a.m. – 8:00 p.m.

Come de-stress for finals week with free tea and pastries!

For more information please contact Aja Smith at (310) 954-4120 **Sponsored by Student Programming and Commuter Services** Division of Student Affairs

























# RESIDENCE HALL CHECK-OUT INFORMATION

| Monday<br>May 2                                                                                                                                                                                       | <u>Tuesday</u><br><u>May 3</u>                                                                                                                                                                        | <u>Wednesday</u><br><u>May 4</u>                                                                                                                                               | <u>Thursday</u><br><u>May 5</u>                    | <u>Friday</u><br><u>May 6</u>                                                                                                                                                                           | Saturday May 7<br>and Sunday<br>May 8                                                                     | <u>Monday</u><br><u>May 9</u>                                                                                       | <u>Tuesday</u><br><u>May 10</u>                                                                                                                                    |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Check Outs at the Residence Life Office: 8 a.m 4:30 p.m.  If you are checking out after 4:30 p.m. call the RA on Duty  RESIDENT APPRECIATION SNACKS: 10 p.m. in the cafeteria. Bring your student ID! | Check Outs at the Residence Life Office: 8 a.m 4:30 p.m.  If you are checking out after 4:30 p.m. call the RA on Duty  RESIDENT APPRECIATION SNACKS: 10 p.m. in the cafeteria. Bring your student ID! | Check Outs at the Residence Desk: 8 a.m 4 p.m.  Check Outs at Hannon Parlor: 4:30 p.m9:00 p.m.  RESIDENT APPRECIATION SNACKS: 10 p.m. in the cafeteria. Bring your student ID! | Check Outs:<br>at Hannon<br>Parlor:<br>8 a.m9 p.m. | Last meal served for undergraduates is at lunch.  Check Outs at Hannon Parlor: 8 a.m 4 p.m.  Undergraduates must check out by 4 p.m.  Residents checking out after 4 p.m. will be assessed a \$150 fine | Graduating seniors and commencement workers: can move out from 8 a.m. to 9 p.m. by calling the RA on Duty | GRADUATION DAY Graduating seniors and commencement workers can move out from 8 a.m 9 p.m. by calling the RA on Duty | Graduating seniors, commencement workers, and graduation mass volunteers:  Check Outs at Hannon Parlor 8 a.m 11 a.m.  Last meal Served for seniors is at breakfast |

#### For more information call:

(310) 954-4325 (Chalon) or (213) 477–2661 (Doheny)

Brought to you by Residence Life

Division of Student Affairs



Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 p.m. for the next week's issue. E-mail: <a href="mailto:athenianweekly@msmu.edu">athenianweekly@msmu.edu</a>

Athenian Promise: I will commit myself to the pursuit of knowledge with personal integrity and academic honesty. (2 out of 6)

Volume 1, Issue No. 2

Monday, August 31, 2015

**Published by the Student Affairs Office** 

# Note from the Dean of Student Life

It is my pleasure and privilege to serve as your Dean of Student Life!



As the Dean of Student Life at Mount Saint Mary's University, I have the great honor to serve as a senior advocate, mentor, resource and guide for students.

I work closely with your faculty and other departments to support your academic success and personal and professional growth and enhance the quality of University life for students.

Every student is encouraged to take full advantage of their time at MSMU by participating in the many opportunities for leadership development, student engagement, volunteer service and other activities offered throughout the year. I was once a student at the Mount just like you and was challenged to do better and inspired to reach my full potential. I did so by getting involved and making connections with students, faculty and staff. I remain inspired to be a part of the traditions that have made us better and the changes that push us forward. I look forward to helping you reach your full potential.

This newsletter is published weekly during the academic year and is full of great opportunities for involvement and often has reminders about important information and deadlines. Be sure to pick up a copy every Monday or view it on the webpage at <a href="http://www.msmu.edu/student-life/activities-involvement/">http://www.msmu.edu/student-life/activities-involvement/</a> (click on ATHENIAN WEEKLY) and make the best of your time at the Mount.

I invite you to drop by the Student Affairs Office in the Humanities 2nd floor (H200) to say "hello" and share the highlights of your MSMU experience, ask questions or voice any concerns.

Best wishes for a wonderful year!

Sincerely, Laura Crow (Dean Crow) Dean of Student Life

#### Campus Security Safety Tips-Week Two: Crime Prevention

The Dept. of Campus Security would like to take this time to remind the Mount Community to be aware of your surroundings and take the necessary precautions to avoid loss of belongings. Laptops, purses, iPads, cell phones, textbooks, and other devices are listed as items most often reported missing. Never leave valuables visible in your vehicle or residence. When leaving your residence hall, make sure you close and lock the door. Do not prop open any doors. Always report suspicious activity to Campus Security. You can also visit Campus Security on the portal for Mountwatch Crime Reporting Anonymous tips. See Something, Say Something. Have a safe semester!



#### CASTING CALL

Attention: Singers, Dancers, Actors, Comedians, Magicians, Etc.

It's your time to shine and give us a performance you won't forget!

Monday, September 21

7.30 – 8.30 p.m. @ Campus Center Plaza

#### **Interested?**

Email: StudentProgramming@msmu.edu

**Sign-Up Deadline: September 7** 



Mount's

Got Talent

Volume 1, Issue No. 2 Page 2

# MAKE MUSIC PAT THE MOUNT

The Mount Orchestra is open to any Mount student, faculty, or staff member as well as the larger college community.



To join an orchestral ensemble, or for more information please contact Chet Swiatkowski cswiatkowski@msmu.edu

# SING ... AT THE MOUNT

Any Mount student can join a choir for credit or as an extracurricular activity.

Regardless of your background or level of experience, we have a choir for you!



To join a choir, or for more information please contact Dr. Therese Fassnacht, music department chair tfassnacht@msmu.edu



Volume 1, Issue No.2 Page 3

SAVE THE DATE

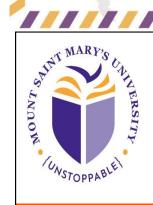
# **STUDENT HEALTH FAIR**



SEPTEMBER 23 RD CHALON CAMPUS

<< More Information to Follow >> 310.954.4110 | 213.477.2685

90 DAY PASSPORT TO HE VIVAT KASSKUK LUTERNIK VIA STUDENT HEALTH SERVIK





10.13.2015

# MAKE THE CUT

WANT TO MAKE A DIFFERENCE IN **SOMEONE'S LIFE?** 

**DONATE YOUR HAIR!** 

#### REQUIREMENTS

#### **BEAUTIFUL LENGTHS:**

- √ 8 inches minimum
- √ Vegetable dyes and semi-permanent acceptable
- ✓ No permanent dye
- ✓ No more 5% gray

#### LOCKS OF LOVE:

- √ 10 inches minimum
- ✓ Colored or permed acceptable
- ✓ Gray acceptable
- √ No bleach

SPONSORED BY STUDENT AFFAIRS



#### Preparing Women to Lead:

Mount Saint Mary's University Women's Leadership and the Public Leadership Education Network

Join PLEN in Washington, DC for 2015-2016 seminars

# Upcoming PLEN Seminars

Women, Business and Policy October 1-3, 2015

Women, Law, and Legal Advocacy October 29-31, 2015

**Women in STEM Policy** January 4-8, 2016

\*More seminars coming soon

Apply through OrgSync https://orgsync.com/54559/forms/148413

**Learn professional** development skills and build your network.

Be inspired as you meet with today's foremost women leaders who will share their experiences and knowledge ofth you — the women leaders

of tomorrow.

For more information contact.

Women's Leadership and Student

Involvement office

Leavey Commons, Ground

Tel. (310) 945-4350

leadership@msmu.edu

or more information contact: Women's Leadership and Student Involvement office Leavey Commons, Ground Floor

Tel: (310) 945-4350



# All are welcome to...

# MASS OF THE HOLY SPIRIT

**Doheny** 

Thursday, Sept.

11:30 AM

DOHENY CLASSES
WILL BE CANCELED
BETWEEN 11:30 AM
AND 1:50 PM SO ALL
CAN ATTEND

Chalon

Tuesday, Sept. 22

11:30 AM

CHALON CLASSES
WILL BE CANCELED
BETWEEN 11:30 AM
AND 1:50 PM SO ALL
CAN ATTEND

president McElaney-Johnson invites you to a lunch reception immediately following each May

MOUNT COMMUNITY AND WEAR RED!



Weekend Events



**Friday 09/04** 

Saturday 09/05

**Sunday 09/06** 





Take the Santa Monica
Trans Stop!!

Go to the Santa Monica
Beach!!

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: athenianweekly@msmu.edu

# Athenian Weekly &

Athenian Promise: I will commit myself to the pursuit of knowledge with personal integrity and academic honesty. (2 out of 6)

Volume 1, Issue No. 2

Monday, August 31, 2015

**Published by the Student Affairs Office** 

### CAMPUS MINISTRY EVENTS

Monday, August 31st, 2 p.m., H105

#### PREPARE FOOD.

Sunday, August 30th, 5:15 p.m., H105 Prepare and make sandwiches sack meals!

### SUNDAY MASS

Sunday, August 30th, 7 p.m., Mary Chapel

#### VISIT THE HOMELESS.

Sunday, August 30th, 8 p.m., Mary Chapel Meet at the chapel to join Campus Ministers in delivering food to the homeless of Santa Monica.

Questions? Contact Campus Ministry! campusministry@msmu.edu

#### Campus Security Safety Tips-Week Two: Crime Prevention

The Dept. of Campus Security would like to take this time to remind the Mount Community to be aware of your surroundings and take the necessary precautions to avoid loss of belongings. Laptops, purses, iPads, cell phones, textbooks, and other devices are listed as items most often reported missing. Never leave valuables visible in your vehicle or residence. When leaving your residence hall, make sure you close and lock the door. Do not prop open any doors. Always report suspicious activity to Campus Security. You can also visit Campus Security on the portal for Mountwatch Crime Reporting Anonymous tips. See Something, Say Something. Have a safe semester!



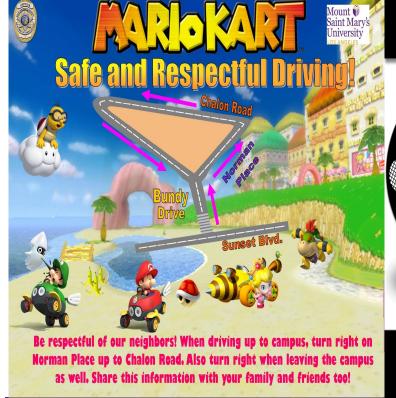
Mount's

Got Talent

Safety Tips are brought to you by the Dept. of Campus Security.

Stay Informed. Stay Alive.





### CASTING CALL

Attention: Singers, Dancers, Actors, Comedians, Magicians, Etc.

It's your time to shine and give us a performance you won't forget!

Monday, September 21

7.30 – 8.30 p.m. @ Campus Center

Plaza

Interested?

Email: StudentProgramming@msmu.edu

**Sign-Up Deadline: September 7** 















Volume 1, Issue No. 2 Page 2

### MAKE MUSIC PAT THE MOUNT

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To join an orchestral ensemble, or for more information please contact Chet Swiatkowski cswiatkowski@msmu.edu

### SING ... AT THE MOUNT

The Mount Chorus is open to all students at the Mount. All students are welcome!



To join a choir, or for more information please contact Dr. Therese Fassnacht, music department chair tfassnacht@msmu.edu

### Mount in the City Pre-sents...



Steven Gerrard





Sign up TODAY at H200A Please bring \$10 refundable deposit & MSMU ID

Departing at 5:30PM



**Dos Santos** 

















### Fun, Food, & Games!

### STEM Spirit Week August 31st – September 3rd

### Planting Your Goal

August 31st **Location: Admin** Lawn

Time: 12PM -1 PM



**Taboo Tuesday** September 1st Location: H204 Time: 12PM - 1PM



Math Wiz Wednesday September 2nd

**Location: Campus** Center

Time: 12PM - 1PM



Meet us at the **Involvement Fair** September 3rd **Location: Circle** Time: 12 PM-1PM



Volume 1, Issue No.2 Page 3

SAVE THE DATE

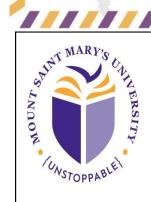
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<< More Information to Follow >> 310.954.4110 | 213.477.2685

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SPONSORED BY STUDENT AFFAIRS



Mount Saint Mary's University Women's Leadership and the Public Leadership Education Network

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Upcoming PLEN Seminars

Women, Business and Policy October 1-3, 2015

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Women's Leadership and Student

Involvement office

Leavey Commons, Ground

Tel. (310) 945-4350

leadership@msmu.edu

or more information contact: Women's Leadership and Student Involvement office Leavey Commons, Ground Floor Tel: (310) 945-4350





### OPEN HOUSE

Wednesday, September 2, 2015 | 10am-2pm | H401





## OPEN HOUSE

Meet the SPCS team and find out what we have in store for you this year!

Whene

September 9, 2015 9:00A.M. - 12:00 P.M.

Student Programming & Commuter Services Office H200A



Check out our newly remodeled office, learn about our events, and get FREE SNACKS!









Mount in the City

Our Services, and

Thursday Theater Movies
Commuter Events

ommuter Mentor Program

## All are welcome to...

Doheny

Thursday, Sept. 17 11:30 AM

South Lawn

DOHENY CLASSES
WILL BE CANCELED
BETWEEN 11:30 AM
AND 1:50 PM SO ALL
CAN ATTEND

# MASS OF THE HOLY SPIRIT Chalon

President McElaney-Johnson invites you

to a lunch reception immediately following each Mass



Tuesday, Sept. 22 11:30 AM Campus Center

CHALON CLASSES
WILL BE CANCELED
BETWEEN 11:30 AM
AND 1:50 PM SO ALL
CAN ATTEND



Weekend Events



**Friday 09/04** 

Happy Labor Day!

Enjoy!

NO SCHOOL

MONDAY!!

9/07/15

Saturday 09/05

Take the Trans Stop
to Santa Monica and
watch Sinister 2 at
the AMC theater!!
SINISTER

**Sunday 09/06** 



Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: athenianweekly@msmu.edu



Athenian Promise: I will respect the sanctity of the learning environment and avoid disruptive and deceitful behavior towards other members of the college community. (3 out of 6)

Volume 1, Issue No. 3

Monday, September 7, 2015

**Published by the Student Affairs Office** 

### BAG OF SUCCESS SChool Supply Drive

Support the Community Student Ambassador Program and collect school supplies for our Bag of Success Award. The Award is given to students from K-12th grade, providing them the necessary basic supplies to be successful in their education.

#### **DONATE unused supplies such as:**

Pens/Pencils Notebooks

**Crayons/markers** Rulers

**Binders Erasers** 

Paper Any other school supplies

**Donation boxes are located in the Student Affairs Office at** 

Doheny: Building 7 Chalon: H-200

Available: Monday, August 31, 2015- Friday, September 11, 2015

If you have any questions, please contact the Student Ambassador Program at (213) 577-2572.

### CPS Tip of the Week

- Students come to CPS when they feel stuck. Counselors will listen carefully to you, provide an objective viewpoint and help you problem-solve
- Students can come for any reason: adjustment concerns, stress, depression, anxiety, family issues, relationship break-ups, etc. We have plenty of Kleenex
- Services include individual, couples and group counseling
- Eligible students receive up to 12 sessions per academic year
- FREE and Confidential
- Appointments can be made by calling or coming in to the office
- Hours: 8:30am-5:00pm Mon.-Thurs. and 8:00am-4:30pm Friday



Counseling and Psychological Services
Chalon Office 310.954.4114, Humanities, 1st Floor
Doheny Office 213.477.2668, McIntyre, 1st Floor



## THE MOUNT CIVILITY KICK OFF!

JOIN US FOR FUN ACTIVITIES,
GIVEAWAYS, AND CIVILITY!

Wednesday, September 16, 2015

12:30PM-2:00PM

**Administration Lawn** 



SPONSORED BY:

The Mount Civility Project
at MOUNT SAINT MARY'S UNIVERSITY

#### **CAMPUS SECURITY**

#### **Week Three: Protecting Yourself**

Be aware of your surroundings. Know where you are, where you are going, and what is going on around you. Walk with confidence. Tell someone where you are going and when you expect to return. At night, travel in well-lighted areas. Walk close to the curb, facing oncoming traffic. Do not go to the ATM at night. If possible travel with another person or in a group. Trust your intuition, if something feels wrong, something is probably wrong. Remember your safety is always first. See something, say something. Report all incidents to Campus Security.

Have Campus Security numbers programmed on your phone:

Chalon Campus 310.954.4123 | Doheny Campus 213.477.2502.

Visit the Campus Security page on the portal to get safety tips, emergency apps to download on your phone and sign up for EAlert.

The Dept. of Campus Security.

Stay Informed, Stay Alive



















# Greetings from the Business Office!





<u>Credit Balance/Refunds</u>: Refunds will be processed after the add/drop deadline and after the loan disbursement dates. Enroll in eRefund today on CASHNet! You can also complete the Refund Authorization Form and roll your credit over If you have work study and are enrolled in a payment plan, you are now able to to the next term.

complete the "Agreement for Earnings Deferment" form, and use your paycheck to help pay your monthly installment. Please contact us for more normation. <u>Parking permits</u> are available: Register online, then come to our office

with your vehicle registration and insurance card to pick up your permit. information.

Like us on Facebook to get reminders about upcoming deadlines and events:

www.facebook.com/MSMUBusinessOffice

### **HEAL THE BAY**

SAVE the Date! Saturday, September 12, 2015, 9 AM to 11 AM

Help clean up MSMU's adopted section of Santa **Monica Beach!** TRANSPORTATION PROVIDED FROM CHALON AND DOHENY

Shuttle will depart:

Chalon at 8:40AM -meet in the Circle Doheny at 8:30AM -meet at Shuttle Stop ALL PARTICIPANTS NEED TO RSVP through GIVEGAB at

https://www.givegab.com/universities/mount-st-mary-s-college/ opportunities/heal-the-bay-sept-12-2015-9-am-11-am

Have questions? Interested in volunteering? Contact the Community Engagement Office at (213)477-2662 kterrill@msmu.edu



Got Talent

### CASTING CALL

Attention: Singers, Dancers, Actors, Comedians, Magicians, Etc.

It's your time to shine and give us a performance you won't forget!

Monday, September 21

7.30 - 8.30 p.m. @ Campus Center

Plaza

**Interested?** Sign-Up Deadline: September 7

Email: StudentProgramming@msmu.edu



A Special Project of the Mount Saint Mary's University Community Student Ambassador Program

Project GRAD Los Angeles has been in partnership with the Community Student Ambassador Program for over 13 years and is driven by a mission to help more first-generation college students from low-income backgrounds graduate from college. PGLA is embedded in a network of northeast San Fernando Valley middle and high schools and work directly with students, parents, and school staff

- Prepare students for college rigor, and ensure that more first-generation students graduate from college
- Promote college access throughout the educational pipeline.

To apply to PGLA we ask that you...

- •Qualify to become a Community Student Ambassador.
- Are a Freshman or Sophomore.
- Are able to provide your own transportation.
- Have and maintain a cumulative GPA of 2.7 or better.
- •Work a consistent 15-20 hours a week.
- Attend all training sessions & activities.
- •Work effectively with student groups, individuals, and parents with diverse needs, socioeconomic backgrounds, and educational levels.

Application Due Date: Monday, September 18, 2015 Applications available at:

http://www.msmu.edu/studentambassadors

If you have any questions, please contact our Community Student Ambassador Managers, Jasmine Scales at jasmscal@msmu.edu or Marisol Delgado at maridelg2224@msmu.edu

Community Student Ambassadors work with high school students and community partners to answer questions about preparation for college, college life, & financial aid. High School Ambassadors act as role models for their students and also provide support to high school counselors and Community Partner representatives.

To apply to the program we ask that you...

- Are a Freshmen or Sophomore
- Are able to provide your own transportation.
- Maintain a cumulative GPA of 2.7 or better.
- Work a consistent 12-15 hours a week.
- Attend all training sessions & activities.
- Work effectively with groups & individuals representing a diversity of needs, socioeconomic backgrounds, & educational levels.

Applications are Now Available Online

Second Semester Freshman, Sophomores, and Juniors for Fall

**Chalon Campus SAP Office** 

Leavey Commons Near Mail Room (310) 954-4106



Doheny Campus SAP Office

Building 7 (213) 477-2572

CAREER SERVICES & INTERNSHIPS
PRESENTS:

THE GRADUATE SCHOOL FAIR 2015

What's your plan?



Save the date! Thursday, September 24, 2015

12 to 3 p.m.

Chalon Campus, Campus Center

Open to entire MSMU Community.



### **CAMPUS MINISTRY**

#### **COOKIES!**

Monday, September 8, 2 p.m., H105

#### SAINT MARY'S BIRTHDAY

Tuesday, September 8th, 12:15PM, the Circle Wish Mary a Happy Birthday & enjoy an afternoon treat!

#### **SUNDAY MASS**

Sunday, September 13, 7 p.m., Mary Chapel

#### VISIT THE HOMELESS.

Sunday, September 13, 8 p.m., Mary Chapel

Questions?

Contact Campus Ministry!

<u>campusministry@msmu.edu</u> x4125 (Chalon) x2672 (Doheny)



**INVITES YOU TO ATTEND WEEKLY MEETINGS!** 

MONDAYS 12:30PM -130PM AT THE BRADY PATIO

NO PRIOR KNOWLEDGE OF LANGUAGE IS NECESSARY

TO APPRECIATE THE WONDERFUL FRENCH
CULTURE; WITH ACTIVITIES TO BUILD YOUR
VOCABULARY AND STAYING UP TO DATE ON
CURRENT EVENTS.

**AU REVOIR!!** 

If you have any questions you can contact:



Rebecca Caraveo (949) 257-7904



Mount Saint Mary's University

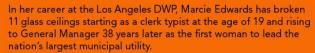
make a difference. be a leader. 2015 WOMEN'S LEADERSHIP CONFERENCE SEPTEMBER 19

Hear from rocket scientists and nonprofit heroes. Acclaimed chefs and media leaders. MacArthur geniuses and business gurus.

Our closing speaker will inspire you with her story of strength, leadership, and breaking glass ceilings!

#### MARCIE EDWARDS

GENERAL MANAGER, LOS ANGELES DEPARTMENT OF WATER AND POWER



Learn more about Marcie Edwards and hear how she has broken through countless barriers in a male-dominated industry to become the high achieving leader she is today.

Register now, visit www.msmu.edu/WLC

#### **Fascinating Facts about the U.S. Constitution**

Constitution Day is celebrated on September 17, the anniversary of the day the framers signed the document.

The first time the formal term "The United States of America" was used was in the Declaration of Independence.

George Washington and James Madison were the only presidents who signed the Constitution.

Benjamin Franklin was the only Founding Father to sign both the Declaration of Independence and the Constitution.

The nineteenth amendment gave women the right to vote.

It was proposed on June 4, 1919 and it was ratified on August 18, 1920.

# WILL YOU MAKE THE CUT? WHAT ARE THE REQUIREMENTS TO DONATE HAIR?

#### HOW TO DONATE YOUR HAIR:

Sign up to reserve a time slot to cut your hair!
Follow this link:

http://www.wejoinin.com/sheets/boaoj

 Have your hairstylist cut the hair you wish to donate and bring it to the Student Affairs office (hair must be in a ponytail or braid)

#### FOR BEAUTIFUL LENGTHS

- ♦ 8 inches minimum
- Vegetable dyes and semi-permanent are acceptable
- ♦ No permanent dye

### FOR LOCKS OF LOVE

- ♦ 10 inches minimum
- ♦ Colored or permed acceptable
- ♦ Gray acceptable

TUESDAY, OCTOBER 13, 2015 12:00PM TO 3:00PM

AT THE CHALON CAMPUS IN THE CIRCLE

#### Make the kindest cut of all!

Donate your hair to Pantene's Beautiful Lengths or the Locks of Love Organization! The hair you donate will be used to create quality wigs for women who have lost their hair due to cancer treatment or children who suffer from long-term medical hair loss.



pantenee beautiful of LENGTHS



### **Weekend Events**



### **Friday 09/11**

Visit the Griffith Observatory and enjoy a getaway to the Cosmos!!

Visiting Hours: 12:00 Noon - 10:00 PM

### Saturday 09/12

CAN'T BEAT THE HEAT??

Take a dip in the pool and cool off with some friends!!

Chalon Fitness Center Hours. 10 AM—3:30 PM **Sunday 09/13** 

Want to thish up on some last minute back to school shopping?

Visit the Citadel Outlets

Hours 10 AM 9 PM

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: athenianweekly@msmu.edu

# & Athenian Weekly &

Athenian Promise: I will support a culture of diversity by respecting the rights of those who differ from me. (4 out of 6)

Volume 1, Issue No. 4

Monday, September 14, 2015

**Published by the Student Affairs Office** 

# Student Affairs Photo Contest!



### **Guidelines: to win prize over \$100**

1. Use the hashtags #WeloveMSMU and #MSMUStudentAffairs on Instagram

2. Post a picture with you in it and tell us why this is your favorite spot on campus

3. Submit your photo by 9/18 12pm



Dive-IN

Costume Contest, Games, Prizes, & More!



WHO: YOU & YOUT FRIENDS

What: Movie Night Where: Chalon Pool Wear: HaWaiian/ Tourist

WHEN: THUTSday, Sept. 17 @ 6:30 PM







### Career Meet-up: GIVING GRAD SCHOOL A GO

Info. Session with MSMU Graduate Admissions

DATE: Thursday, September 17th

**LOCATION: Humanities 201** 

TIME: 1-2 p.m.

Considering a graduate degree at some point?
Learn how to research, prepare, fund and get admitted, ultimately!



Speaker: Tara N. Wessel Swoboda, MA
Assistant Director, Graduate Admissions

CONNECT WITH US:

MountCareerNetwork.com

Facebook.com/MSMUHireAthenians

Mount Saint Mary's University

Career Services
& Internships

LinkedIn.com: Mount Saint Mary's University: Students &

**Campus Security Safety Tips** 

Week Four: Emergency Preparedness



How prepared are you in the event of a major emergency on campus? There's no warning, be prepared. Depending on the emergency there may be a time when staying on campus is the safer option. And having items such as an emergency kit can make all the difference during an emergency. Emergency kits can be purchased in many stores and will include items such as water, flashlight, blanket, food, first aid kit, etc. But tailoring a kit to your specific needs is key. So if you have an emergency kit make sure you include items that will make you comfortable during an emergency. For a complete list of recommended items for your emergency kit, please visit the Dept. of Campus Security Portal page and click on the ready.gov link.



Have Campus Security numbers programmed on your phone

Chalon Campus 310.954.4123 | Doheny Campus 213.477.2502

The Dept. of Campus Security. Stay Informed, Stay Alive















### MAKE THE CUT!

### **TUESDAY, OCTOBER 13, 2015** 12:00PM TO 2:00PM AT THE CHALON CAMPUS IN THE CIRCLE

#### TO MAKE THE KINDEST CUT OF ALL:

Sign up to reserve a time slot to have your hair cut! Follow the link: http://www.wejoinin.com/sheets/boaoj Have your hairstylist cut the hair you wish to donate and bring it to the Student Affairs office

(HAIR MUST BE IN A PONYTAIL OR BRAID)

FOLLOW THESE HAIR CARE TIPS TO MAKE YOUR HAIR HEALTHIER!

1. Give that shampoo bottle a break



2. Air Dry your hair

3. Amp Up Moisture

4. Do not rub your hair with a towel when trying to dry it



### CPS TIP OF THE WEEK

| <u>MYTH</u>                                             | FACT                                                                                                                                          |
|---------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| Only crazy people<br>go to therapy.                     | Everyone can benefit from therapy.<br>People come to therapy for many<br>different reasons.                                                   |
| I am a person of faith, so I<br>don't need therapy.     | Therapy can be a very spiritual experience and faith is often deepened in the process of learning about oneself.                              |
| I should only go to therapy<br>if I am having a crisis. | The sooner you address a problem, the less disruption it will be to your life and the less likely it will become a crisis!  Don't put it off. |
| Going to therapy means<br>you are weak.                 | Seeking help is an act of strength.                                                                                                           |



YOU CAN WIN A

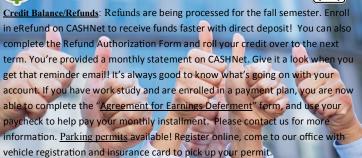
FitBit Surge!

Counseling and Psychological Services Chalon Office 310.954.4114, Humanities, 1st Floor Doheny Office 213.477.2668, McIntyre, 1st Floor





### Greetings from the Business Office! 🔘



Like us on <u>Facebook</u> for upcor facebook.comMSMUBusinessOffice



JOIN US...



WEDNESDAY **SEPTEMBER 23, 2015 ADMIN LAWN CHALON CAMPUS** 

12:00pm - 2:00pm

For More Information Contact >> STUDENT HEALTH SERVICES 310.954.4110 | 213.477.2685

### Weekend Events



Head down to 3rd street for the 5th annual Pharaoh's **Festival** 

4pm-10pm

Saturday 09/19

**Sunday 09/20** 

Visit the L.A. County Fair Enjoy food, rides, activities, and more! From 10 AM-10 PM

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: athenianweekly@msmu.edu

# Athenian Weekly

Athenian Promise: I will contribute to the development of a caring community where compassion for others and freedom of thought and expression are valued. (5 out of 6)

Volume 1. Issue No. 5

Monday, September 21, 2015

Published by the Student Affairs Office

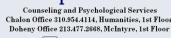
### CPS Tip of the Week

7 signs you could benefit from making an appointment with Counseling & Psychological Services:

- 1) You are feeling uncontrollably sad, angry; or otherwise "not yourself."
- 2) You are eating or sleeping more or less than usual, or withdrawing from family and friends
- 3) You find yourself abusing drugs, alcohol, food or sex to cope with stress.
  - 4) You've lost someone or something important to you.
    - 5) Something traumatic has happened.
- 6) You've stopped doing things that you ordinarily enjoy.
  - 7) You feel confused, overwhelmed, or "stuck"

Most people benefit from short-term, goal-oriented therapy to address a specific issue or interpersonal conflict, get out of a rut or make a major life decision. Make an appointment with CPS and talk to a nonbiased professional without fear of judgment or











explore the possibilities...



All are welcome to...

## OF THE HOLY SPI

Dresident McElaney-Johnson invites you roalunch reception immediately following each



Tuesday, Sept.22





**CLASSES WILL BE CANCELED BETWEEN** 11:30 AM-1:50 PM SO ALL CAN ATTEND!



**Campus Security Safety Tips** 



How prepared you are can make all the difference when it's 2am & the ground starts to shake or a smoke alarm goes off.

In those events you have seconds to know what you will do to keep yourself safe.

Having a plan & items such as an emergency kit, are steps to ensure your safety.

Learn each campuses evacuation location & procedures.

Every classroom has **Emergency Procedures** posted.

Read them, know them, and BE READY.

Check out the Portal for more!

Dept. of Campus Security. Stay Informed, Stay Alive



















### Mount Saint Mary's University

LOS ANGELES



### APPLY TODAY!

#### **TO BE AN**

ORIENTATION LEADER TODAY!

#### RESPONSIBILITIES OF AN **ORIENTATION LEADER**



www.msmu.edu/CHALON-OL

### Horoscope for September 21: Virgo, MOTTO I ANALYZE!!!

Astrological symbol: A Maiden; known for thinking, clarity, and shyness. They're carefree ,very mobile, courageous in life. Element is Earth, for dignified polite individuals

Opposite sign: Pisces, it reflects upon the honesty and humor.

### Done with Summer School?

If you took summer school courses at a community college, be sure to:

- 1. Follow the articulation agreement found under the Transfer Credit tab on the Academic Advisement portal page.
- 2. Complete and turn in a Transfer of Credit Clearance Form. These forms are located in the Academic Advisement office and on our portal page.
- 3. Have your official, sealed transcripts from the college that you took summer courses mailed directly to the Register's office at the Mount. Until the transcripts are received, the course cannot be added to your record.
- 4. Contact Academic Advisement at x4070 with any transfer credit questions.

### STEM's Speaker Series: Dr. Kenneth Nwosu

#### Are you interested in becoming an Orthopaedic Surgeon?

Join us to hear about Dr. Kenneth Nwosu's journey as a medical student! He is currently in his 4th year of residency at UCLA.



#### When:

Thursday, September 24th

2:00pm - 3:00pm

Where:

A-200



\*\*ALL MAJORS WELCOME\*\*

You Are Cordially Invited

Special one night only performances from your very own Athenians. Enjoy free snacks and refreshments.

Mount's Got Talent

September 21, 2015 7:30-8:30pm Campus Center Plaza





#### **CAMPUS MINISTRY**

Sponsored by Student Programming & Commuter Services. H200A. (310) 954- 4120. StudentProgramming@msmu.edu

COOKIES! Monday, September 21st, 2 p.m., H105

MASS OF THE HOLY SPIRIT
Tuesday, September 22nd, 11:30AM, Campus Center
Chalon classes canceled during this time so all can.
Attend! Wear your Red!

SUNDAY MASS Sunday, September 27th, 7 p.m., Mary Chapel

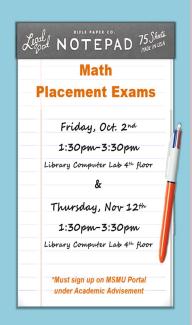
VISIT THE HOMELESS

Sunday, September 27th, 8 p.m., Mary Chapel

Meet at the chapel to join Campus Ministers in
delivering food to the homeless of Santa Monica.

**Questions? Contact Campus Ministry!** campusministry@msmu.edu x4125 (Chalon) x2672 (Doheny) Volume 1, Issue No. 5 Page 3







#### Hello Athenians,

Government Association is here to serve YOU! Please visit us at our office, which is located between the Student Lounge, and Women's Leadership office in the Leavey Commons Building. If you have any questions or concerns please email us at sga@msmu.edu or visit us at our office! We also have a suggestion box in the student lounge! Last but not least, we have weekly meetings on Thursdays at the Hannon Parlor from 1-2pm and everyone is welcome to listen and participate! Please look out for our flyers around campus and on our instagram:

sga msmu for class meetings, annual events and meet and greet!

Thank you,

Blanca Duenas

(SGA President, 2015-2016)



### MAKE THE CUT!

Donate your hair to Pantene's Beautiful Lengths or the Locks of Love Organization! The hair you donate will be used to create quality wigs for women who have lost their hair due to cancer treatment or children who suffer from long-term hair loss.

> TUESDAY, OCTOBER 13, 2015 12:00PM TO 2:00PM

AT THE CHALON CAMPUS IN THE CIRCLE





**ADMIN LAWN** 

#### TO MAKE THE KINDEST CUT OF ALL:

Sign up to reserve a time slot to have your hair cut! Follow the link:

http://www.wejoinin.com/sheets/boaoj

Have your hairstylist cut the hair you wish to donate and bring it to the Student Affairs office (hair must be in a ponytail or braid).

### **ATTENTION New Transfer Students!**

Remember, you only have one semester to contest your Transfer Credit Evaluation.

For more information visit Academic Advisement on MyMSMU Portal or stop by during posted drop-in hours



<< For More Information Contact >>

STUDENT HEALTH SERVICES 310.954.4110



Career Services & Internships
Presents:
Graduate School Fair 2015

Explore your future

Thursday, September 24<sup>th</sup> 12 - 3 PM

### Chalon Campus Center



Dress to impress! Free LinkedIn headshot by a professional photographer.

ALLIANT INTERNATIONAL UNIVERSITY

ANTIOCH UNIVERSITY LOS ANGELES

BECKMAN RESEARCH INSTITUTE OF CITY OF HOPE, IRELL & MANELLA GRADUATE SCHOOL OF BIOLOGICAL SCIENCES

**BLUEPRINT LSAT PREPARATION** 

CALIFORNIA BAPTIST UNIVERSITY

CALIFORNIA LUTHERAN UNIVERSITY

CALIFORNIA INSTITURE OF THE ARTS

CALIFORNIA STATE UNIVERSITY, CHANNEL ISLANDS

CALIFORNIA STATE UNIVERSITY DOMINGUEZ HILLS, GRADUATE STUDIES AND RESEARCH

CALIFORNIA STATE UNIVERSITY LONG BEACH, SCHOOL OF NURSING

CALIFORNIA STATE UNIVERSITY LOS ANGELES, DEPARTMENT OF PHYSICS AND ASTRONOMY

CALIFORNIA STATE UNIVERSITY LOS ANGELES, MASTER OF PUBLIC ADMINISTRATION PROGRAM

CALIFORNIA STATE UNIVERSITY NORTHRIDGE, NAZARIAN COLLEGE OF BUSINESS GRADUATE PROGRAMS IN BUSINESS

CALIFORNIA STATE UNIVERSITY NORTHRIDGE, TSENG COLLEGE OF

GRADUATE, INTERNATIONAL AND MIDCAREER EDUCATION

CHAPMAN UNIVERSITY, FOWLER SCHOOL OF

CHAPMAN UNIVERSITY, SCHOOL OF PHARMACY

CHICAGO SCHOOL OF PROFESSIONAL PSYCHOLOGY, LOS ANGELES

CLAREMONT GRADUATE UNIVERSITY

FASHION INSTITUTE OF DESIGN & MERCHANDISING

**FULLER THEOLOGICAL SEMINARY** 

KAPLAN TEST PREP

**KECK GRADUATE INSTITUTE** 

LOMA LINDA UNIVERSITY

LOYOLA LAW SCHOOL, LOS ANGELES

LOYOLA MARYMOUNT UNIVERSITY

LOYOLA MARYMOUNT UNIVERSITY, SCHOOL OF EDUCATION

MARYMOUNT CALIFORNA UNIVERSITY

MOUNT SAINT MARY'S UNIVERSITY LOS ANGELES. GRADUATE DIVISION

MOUNT SAINT MARY'S UNIVERSITY LOS ANGELES, MBA PROGRAM

MOUNT SAINT MARY'S UNIVERSITY LOS ANGELES, MFA CREATIVE WRITING **GRADUATE PROGRAM** 

**PEACE CORPS** 

PEPPERDINE UNIVERSITY, GRADUATE SCHOOL OF EDUCATION AND PSYCHOLOGY

PEPPERDINE UNIVERSITY, SCHOOL OF PUBLIC POLICY

SOUTHERN CALIFORNA CSU DNP CONSORTIUM OF CSU FULLERTON, LONG BEACH & LOS ANGELES

WHITTIER LAW SCHOOL

UNIVERSITY OF CALIFORNIA, IRVINE SCHOOL OF LAW

**UCLA SCHOOL OF INFORMATION STUDIES** 

UCLA SCHOOL OF NURSING

**UCLA SOCIAL WELFARE** 

UNIVERSITY OF WEST LOS ANGELES

**UNIVERSITY OF REDLANDS** 

US ARMY HEALTHCARE RECRUITING

USC LEONARD DAVIS SCHOOL OF GERONTOLOGY

**USC SCHOOL OF PHARMACY** 

**USC ROSSIER SCHOOL OF EDUCATION** 

USC SCHOOL OF SOCIAL WORK

WOODBURY UNIVERSITY



### **Weekend Events**



**Friday 09/25** 

Saturday 09/26

**Sunday 09/27** 

Aquarium Of The Pacific with a Mount discount

Hours: 9:00AM—6:00 PM
Discounted tickets @msmu portal

Take the stop-trans down to 3rd street and catch a movie!



Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: athenianweekly@msmu.edu

# Athenian Weekly

Athenian Promise: I will honor, challenge and contribute to the scholarly heritage left by those who preceded me and work to leave this a better place for those who follow. (6 out of 6)

Volume 1, Issue No. 6

Monday, September 28, 2015

Published by the Student Affairs Office



#### ATHENIAN DAY

OCTOBER 24, 2015 8:00AM - 12:00PM

Students, Faculty, Staff and Alumnae! Two men per team, Must be MSMU affiliated. Minimum of 6 players, Max of 8 players.



\$5 per person! Turn Registration forms, with payment in to the Chalon Fitness Center.

**DEADLINE: October 6, 2015** 

Mount Saint Mary's University Sports & Wellness

Questions? **Call the Fitness Center:** (310) 954-4345

### CPS Tip of the Week

#### What to expect when you seek support at CPS:

Your First Visit: During your first visit, you will be asked to spend about 20-30 minutes completing a demographic questionnaire and an electronic assessment of overall mental health. Once completed your counselor will review these materials with you, and spend approximately 45 minutes with you to discuss your presenting concerns. Your counselor will listen to you to hear the issues that have brought you in, and make recommendations for the types of services (either on- or off-campus) that might be appropriate to help.

Follow-Up Visits: The length and frequency of follow-up visits to CPS will be determined in consultation with your counselor. Meetings typically last for about 45 minutes and occur on a weekly basis until your presenting concern is resolved. Some students find relief by coming for 2-3 sessions to talk about something very specific, while others are unsure about how frequently or for how long they would like to attend sessions. Your counselor will work with you to determine the best plan for your specific needs.

**Counseling and Psychological Services** Counseling and Psychological Gol Vices

Chalon Office 310.954.4114, Humanities, 1st Floor

Doheny Office 213.477.2668, McIntyre, 1st Floor

Wellness



By the Department of Campus Security

Stay informed. Stay Alive

### **Earthquake Procedures and Preparedness**



The following instructions are for moderate, major or great earthquakes:

- ⇒ Stay calm
- ⇒ Watch for falling objects and stay away from windows, overhead lights, glass doors, outside walls or anything made of brick or stone.
- ⇒ Crawl on hands and knees if you can't walk because of the shaking.
- ⇒ Stay put and do not try to leave until the building stops shaking.
- Proceed to evacuation site when safe.
- ⇒ **Evacuation Locations:** *Chalon* Circle || *Doheny* North Lawn area between the Doheny Mansion & J. Thomas McCarthy Library
- ⇒ Take your belongings with you if in class, and do not use elevators.
- ⇒ If you are outside, remain there. When safe, proceed to the evacuation site.
- ⇒ Do not panic in the elevators; they are equipped with automatic braking systems in case of a power failure.
- ⇒ Stay in the evacuation site until you receive directions to go back inside. Once you are back in a building, remember that there are usually several aftershocks and damage may still occur.

In the event of a big earthquake, staying on campus may be the safer option. Having items such as an emergency kit can make all the difference. Emergency kits can be purchased in many stores and will include items such as water, flashlight, blanket, food, first aid kit, etc. But tailoring a kit to your specific needs is key.

For a complete list of recommended items for your emergency kit, please visit the Dept. of Campus Security Portal page and click on the ready.gov link.

















Volume 1, Issue No. 6 Page 2





### Rules for dressing for an interview

1.Investigate – Search for pics of employees on their website. Think about the culture of the office and industry when planning your look.

2. When in doubt, play it safe— Go with your gut. It's always best for you to feel comfortable and confident in your outfit. If you're unsure, play it safe and go with business casual.

3. A few dont's- Regardless of the company dress code there a few things you should steer away from: short skirts or dresses, anything ripped, or see-through. Tip: Wear your clothes. Don't let your clothes to wear you.

**CONNECT WITH US:** 

MountCareerNetwork.com

Facebook.com/MSMUHireAthenians

LinkedIn.com: Mount Saint Mary's University: Students & Alumnae

Saint Mary's University Career Services & Internships

Mount 🎁



### **LEADERSHIP** SCHOLARS!

#### APPLICATIONS DUE: OCTOBER 16TH!

omen's Leadership offers First Year and Sophomore student the opportunity to become a part of a unique leadership development experience.

The Leadership Scholar Program recognizes the leadership potential of individuals who have made exemplary contributions to their personal lives through involvement, service, and leadership activities. Participants will receive individual leadership development, specialized activities, and priority for conference registration.

Apply on OrgSync: https://orgsync.com/54559/forms/141483

Women's Leadership \* (310) 954-4350 \* leadership@msmu.edu



Mount Saint Mary's University

LOS ANGELES



### APPLY TODAY!

**TO BE AN** 

ORIENTATION LEADER TODAY!

#### RESPONSIBILITIES OF AN **ORIENTATION LEADER**





www.msmu.edu/CHALON-OL





#### **APPLY TO THE**

#### **CHALON STUDENT ACTIVITIES COUNCIL (SAC)**

Want to get involved? Love planning events?

Leave your legacy at the Mount and join SAC Today



**Applications Due** 

Thursday, October 1st, 2015 by 10:00pm

www.msmu.edu/apply-chalonsac

#### **WOMEN'S**

VOLLEYBALL

CLUB TRYOUT

THERE: CHALON FITNESS CENTE<mark>R</mark>

WHEN: OCT. 19<sup>th</sup> and 21<sup>st</sup>

5:00PM - 6:30 PM

FOR MORE INFO, CONTACT:

**COACH HERSHEY** 

hcanta@msmu.edu

Bullet Journal: A Fun and Fully Customizable New Way to Get Organized

Learn how to get organized in a fun way for school and everyday life.



Two Sessions with Dr. Daily:

Wednesday, September 30 5:00 PM - 6:00 PM H403

Thursday, October 1 1:00 PM - 2:00 PM H402

Bring pen & paper.

"Declutter the mess in your home and heart.

Don't let the past crowd out your future."

- Dr. Thelma Bryant Davis

### Le Cercle Francophone

INVITES YOU TO ATTEND WEEKLY MEETINGS!

MONDAYS 12:30PM -1:30PM

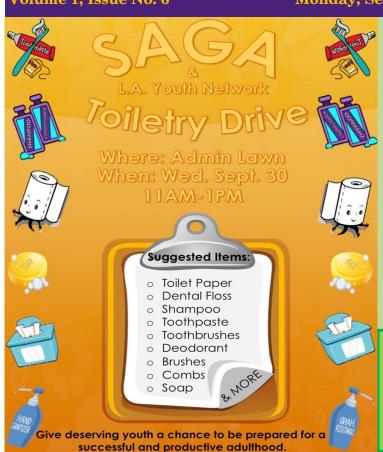
@THE BRADY PATIO

NO PRIOR KNOWLEDGE OF FRENCH LANGUAGE NECESSARY
LCF ENCOURAGES YOU TO BRING YOUR FRIENDS APPRECIATE
THE WONDERFUL FRENCH CULTURE

**FOLLOW US:** 



rebecara@msmu.edu







#### **ATTENTION New Transfer Students!**

Remember, you only have one semester to contest your Transfer Credit Evaluation.

For more information visit Academic Advisement on MyMSMU Portal or stop by during posted drop-in hours

#### **Confirmation Info Sessions**

Doheny: Thursday, Sept. 24 &25 in House 7

Chalon: Sunday, Sept. 27 after Mass at 8:15 in Hannon Parlor

Wondering about if this is the year for you to receive the Sacrament of Confirmation? Come and learn about this spiritually enriching experience while enjoying a light dinner.

### Done with Summer School?

If you took summer school courses at a community college, be sure to:

- 1. Follow the articulation agreement found under the Transfer Credit tab on the Academic Advisement portal page.
- 2. Complete and turn in a Transfer of Credit Clearance Form. These forms are located in the Academic Advisement office and on our portal page.
- Have your official, sealed transcripts from the college that you took summer courses mailed directly to the Register's office at the Mount. Until the transcripts are received, the course cannot be added to your record.
- 4. Contact Academic Advisement at x4070 with any transfer credit questions.



### Weekend Events



**Friday 10/02** 

Saturday 10/03

**Sunday 10/04** 

**In Theatres Today!** 

Take a trip to 3rd Street & see what all the hype is about!!

THE MARTIAN

Enjoy a *thrilling* day at

Six Flags Magic Mountain

With a Mount Discount!

Hours: 10:30 AM - 1:00 AM

Discounted tickets @msmu portal

Check out H. L. A.

LA's new (free) contemporary
art museum.

Maximize your visit with
Time Out LA's Helpful Guide!

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: athenianweekly@msmu.edu

# Athenian Weekly

Athenian Promise: I will embrace the concept of a civil community which does not tolerate theft, bigotry, or harassment of others in any form. (1 out of 6)

Volume 1. Issue No. 7

Monday, October 5, 2015

**Published by the Student Affairs Office** 

### Campus Fire Safety Month- Tip 1



When a smoke alarm or fire alarm sounds, get out of the building quickly & do not reenter the building until fire authorities say it is safe to do so.

Learn your building's evacuation plan & practice all drills as if they were the real thing.

Learn where all the fire extinguishers are on Campus.

Brought to you by the Dept. of Campus Security. Stay Informed, Stay Alive.





#### **ATHENIAN DAY**

OCTOBER 24, 2015 8:00AM - 12:00PM

Students, Faculty, Staff and Alumnae! Two men per team, Must be MSMU affiliated. Minimum of 6 players, Max of 8 players.



WHEN?

\$5 per person! Turn Registration forms, with payment in to the Chalon Fitness Center.

**DEADLINE: October 6, 2015** 



**Questions? Call the Fitness Center:** (310) 954-4345

### MAKE THE CUT!

Donate your hair to Pantene's Beautiful Lengths or the Locks of Love Organization! The hair you donate will be used to create quality wigs for women who have lost their hair due to cancer treatment or children who suffer from long-term hair loss. ocks of Love

TUESDAY, OCTOBER 13, 2015

12:00PM TO 2:00PM

AT THE CHALON CAMPUS IN THE CIRCLE TO MAKE THE KINDEST CUT OF ALL:

Sign up to reserve a time slot to have your hair cut! Follow the link:

http://www.wejoinin.com/sheets/boaoj

Have your hairstylist cut the hair you wish to donate and bring it to the Student Affairs office (hair must be in a ponytail or braid.)

### of the Week



- 1 in 3 college students experience depression
- **Depression is NOT** a weakness or a failing.
- Depression is treatable.

Seeking help for depression is a sign of strength.



Counseling and Psychological Services Chalon Office 310.954.4114, Humanities, 1st Floor Doheny Office 213.477.2668, McIntyre, 1st Floor















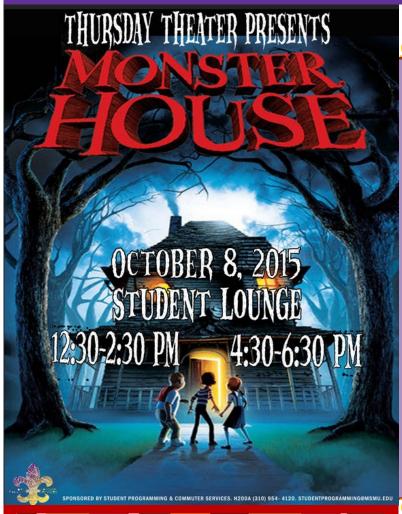






Volume 1, Issue No. 7

Page 2



Athenians, join us at our fun and

interactive events hosted by your SGA Senators:

Wednesday, Oct. 7

Time: 5:00pm-6:30pm

**Location: Admin. Lawn** 

Treat and Greet with the Freshman Senators!

Thursday, Oct. 8

Time: 11:30am-2:00pm

**Location: Circle** 

Meet & Greet with the

SGA team!

Thursday, Oct. 8

Time: 4:00pm-5:30pm

**Location: Circle** 

Socialize about the

**Sophomore Year Experience!** 

Tuesday, Oct. 13

Time: 11:45am-12:45pm

**Location: Circle** 

Meet and Greet with the

Junior Senators!

Oct. 19-22

Time: 11:30am-2:00pm

**FUN events for** 

National Collegiate Alcohol Awareness WEEK!!

Tuesday, Oct.27

Time: 1:00-2:00pm

**Location: TBD** 

Don't Be Spooked by

Senior year!



A C N A N A N U E L O I W N E Y J N Z Y R M I E R L I G F T S K G V O N D C P Y O G Z U A S M X C M Y I D S U X M B V T H Y A K S D S C D A M O S E X J E R C K G R L R W S I L E P U C U C K G R L R W S I L M A K S W K R U X E J I K K E B V E I J J U M C V V D D C A O Q S P N S T R K A C D P D V T J O S X O O B O N F I R E E L U T A I

ACORN
APPLE CIDER
AUTUMN
BONFIRE

FAMILY HAYRIDE LEAVES

PUMPKIN

R

A H

SCARECROW SMORES TURKEY THANKS

M D U

0



### Study tip of the week

### Split Page Method

Class lectures and your textbook--they're the primary sources of course content and you need to learn both. So combine them with the split page method of taking notes. Just divide your notebook page in half lengthwise. Draw a line down the middle of the page. Take class notes on one side of the page and outline the text on the other side. When you study you'll have both. Class notes and text together, integrated. Some students find it helpful to add a third column for questions they need to ask the professor . -Sherry Reynolds



http://www.academictips.org/acad/literature/notetaking.html







#### **APPLY TODAY!**

TO BE AN

ORIENTATION LEADER
TODAY!

### RESPONSIBILITIES OF AN ORIENTATION LEADER

- Serve as a leader and active participan
- Lead small group discussions involving
- 10+ incoming freshmen.
- student services information.
- Attend and participate in all train
- sessions.
- Enroll in and successfully complete LWS

  1C, Orientation Leader Training, during
- Serve as a role model for all students





## JOIN LEADERSHIP SCHOLARS!

#### APPLICATIONS DUE: OCTOBER 16TH!

Women's Leadership offers First Year and Sophomore students the opportunity to become a part of a unique leadership development experience.

The Leadership Scholar Program recognizes the leadership potential of individuals who have made exemplary contributions to their personal lives through involvement, service, and leadership activities. Participants will receive individual leadership development, specialized activities, and priority for conference registration.

Apply on OrgSync: https://orgsync.com/54559/forms/141483

Women's Leadership

\* (310) 954-4350 \* leadership@msmu.edu

Answer Key

B U G U N T L C Z M A D A O F
M Q A E A T Y I Q U B P E A L
E T A U H S P S T K P E M G F
A C N A N A N U E L O I W N E
Y J N Z Y R M I E R L I G F T
S K G V O N D C P Y O G Z U A
S M X C M Y I D S U X M B V T
H Y A K S D S C D A M O S E X
J E R Q E H A G B L E P U C U
C K G B L R W S I L M A K S W
K R U X E J I K K E B V E I
J U M C V V D D C A O Q S P N
S T B K A C D P D V T J O S X
O O B O N F I R E E L U T A I

ACORN
APPLE CIDER
AUTUMN
BONFIRE

FAMILY
HAYRIDE
LEAVES
PUMPKIN

SCARECROW SMORES TURKEY THANKS

M D

### WORD OF THE WEEK FLUMADIDDLE

- 1. utter nonsense.
- 2. worthless frills.

Join Career Services & Internships for our Fall 2015 Career Meet-up:

In this meet-up, you'll learn:

• What is a Professional

- Brand?
- The Value of Standing Out: How a strong professional brand can propel you into your post-college career
- Women and Branding
- and... what I wish I knew when I was in college!

Thursday, October 8, 2015 1-2 p.m. Chalon, Humanities 403



Speaker:

Senior Regional Associate at **Advancing Women Executives** 

Mount 🕤 Saint Mary's University

"I am a strategic, bold professional and articulate communicator with a passion for social justice and gender equality. I consistently deliver results beyond expectation and love to laugh."

### The zodiac sign for October 5 is Libra. Motto: "I balance!"

Astrological symbol: Scales, symbolize the balanced and tactful nature of these natives.

Opposite sign: Aries. Partnerships of any kind between the Libra and Aries sun sign people are the best in the zodiac and highlight nicety and bravery.

Modality: Cardinal. This quality shows the positive nature of those born on October 5 and their affection

Element: Air. The element of those who design & engage their lives by linking everything together.

Lucky day & numbers: Wednesday; 7,9,11,17,26.

### **Greetings from the Business Office!**

Free pizza! Yes, free pizza for those attending the Financial Literacy Workshop presented by the Business Office and the Office of Student Financing. Plus, useful information regarding financial matters for every Mount student.

may RSVP to attend the Chalon or Doheny workshop by sending a simple email to sinessOffice@msmu.edu

Chalon: October 20, 1PM-2PM Hannon Theater.

Doheny: October 13, 2015 1PM-2PM Rose Hills Auditorium.





THURSDAY, OCTOBER 8TH

5:30 PM - 7:00 PM CAMPUS CENTER

club dues (\$12/yr) due by meeting

Weekend Events



**Friday 10/09** 

Saturday 10/10

**Sunday 10/11** 

Catch a Movie **WOOLTOP FILM GLU** 18+, Open until October 31st! Price: \$16.82/ea. More info@http://la.rooftopfilmclub.com/

Shop til you Drop BeverlyConnection an Agai Bowl down the Hours: 8AM to 7PM

Universal Studios HALLOWEEN HORROR NIGHTS **Enjoy A Night Of** Scares at HHN 7:00 PM to 2:00 AM

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 PM for the next week's issue. E-mail: athenianweekly@msmu.edu



Athenian Promise: I will commit myself to the pursuit of knowledge with personal integrity and academic honesty. (2 out of 6)

Volume 1, Issue No. 8

Monday, October 12, 2015

**Published by the Student Affairs Office** 

### Campus Security Safety Tips: **Campus Fire Safety Awareness Month**

**Know the basic operation of an extinguisher:** 

PASS

Pull the pin

Aim the nozzle at the base of the fire

Squeeze the handle

Sweep nozzle side to side







#### **ATTENTION New Transfer Students!**

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For more information visit Academic Advisement on MvMSMU Portal or stop by during posted drop-in hours.

#### **OCTOBER is...** Breast Cancer Awareness Month

Want to learn how to do a **BREAST Exam** 

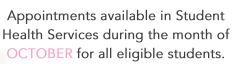
**TESTICULAR Exam? NO DISROBING NECESSARY!** 





For More Information call Student Health Services

Chalon 310.954.4110 Doheny 213.477.2685



90 DAY PASSPORT TO HEALTH PARTICIPATION



### **New Shuttle Service MSMU Transportation and Parking introduces**

"The Mount Local" designed for individuals who use public transportation to get to the Chalon Campus.

> University ID and transit receipt must be presented to board the shuttle.

Pickup: Saltair and **Depart Chalon: Sunset** Sunset

7:00am

7:30am

8:30am

and Bundy

12:00pm

3:00pm

5:00pm



For more information **Contact Transportation** and Parking at (310)-954- 4044

### CPS Tip of the Week

### **Signs of Depression:**

- Lack of enjoyment in most activities.
- Weight loss or weight gain.
- Changes in sleeping patterns.
- Feeling restless.
- Feeling low energy and regularly
- Feeling worthless and guilty.
- Having difficulty concentrating.
- Thoughts of death, self-harm, or suicide.



Counseling and Psychological Services Chalon Office 310.954.4114, Humanities, 1st Floor Doheny Office 213.477.2668, McIntyre, 1st Floor





















Learn why your account is on

### MAKE THE CUT!

Donate your hair to Pantene's Beautiful Lengths or the Locks of Love Organization! The hair you donate will be used to create quality wigs for women who have lost their hair due to cancer treatment or children who suffer from ocks of Love long-term hair loss.

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#### WOMEN'S

VOLLEYBALL

**CLUB TRYOUT** 

WHERE: CHALON FITNESS CENTER WHEN: OCT. 19th and 21st

5:00PM - 6:30 PM

FOR MORE INFO, CONTACT:

COACH HERSHEY @ hcanta@msmu.edu

SPCS Presents to you ...

Relieve the Stressi A Commuter Stress Reliever





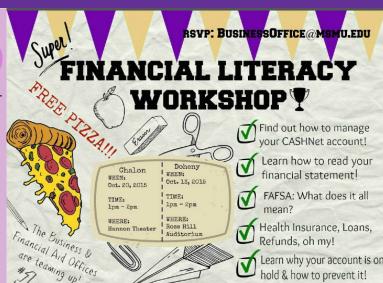


When: October 21 & 22 Where: Administration Lawn 1 Time: 12 - 1:30 p.m.





| @MSMUStudentProgramming |





TUESDAY OCTOBER 13TH, 2015

12:30-2:00PM

ADMINISTRATION LAWN



MOUNT SAINT MARY'S UNIVERSITY

Get to know more about Oxfam America! Learn more about exciting upcoming events and service opportunities!



### The Living & Learning Discussion Group

Come join us in learning more about yourself!

As well as honing in on your study skills, time management skills, and MUCH MORE!

Wednesdays: 1-2 PM

Campus Center

Thursdays: 4-5 PM

H-405A



### Mount Saint Mary's University

LOS ANGELES



### **APPLY TODAY!**

TO BE AN

ORIENTATION LEADER
TODAY!

### RESPONSIBILITIES OF AN ORIENTATION LEADER

- Serve as a leader and active participant at all scheduled sessions.
- Lead small group discussions involving 10+ incoming freshmen.
- Learn and teach MSMU traditions and student services information.
- Attend and participate in all training
- Enroll in and successfully complete LWS 1C, Orientation Leader Training, during the enring competer.
- Serve as a role model for all students







www.msmu.edu/CHALON-OL



**OCTOBER 24, 2015** 

8:00AM - 12:00PM

**COME CHECK IT OUT!** 







Mount Wary's Saint Mary's University

### Women in STEM Policy Washington, DC

Open to sophomores and above Seminar Dates

January 4-6, 2016

Application Deadline November 11, 2015

Apply today on OrgSync: https://orgsync.com/54559/forms/148413



### Launch your STEM policy career today!

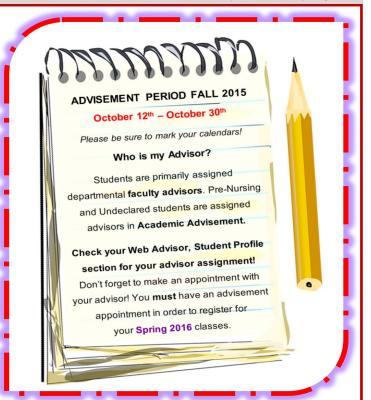
**Learn** how to launch your career from women who have broken the glass ceiling in STEM Policy.

**Explore** careers in science, health, and technology within public, non-profit, and private sectors.

**Develop** professional skills by perfecting your resume and putting these skills to task upon networking opportunities with Science leaders.

Partial and Full Scholarships Available through Women's Leadership & Student Involvement

For more information visit Women's Leadership & Student Involvement office in Ahmanson Commons 2<sup>nd</sup> floor Visit the PLEN website to learn more about seminars and view past schedules at www.plen.org



#### 10 TIPS TO AVOID DOMESTIC VIOLENCE

Knowledge is power. Learning to recognize the distinct patterns and behaviors associated with intimate partner violence can be lifesaving.

Don't compare. Abuse is abuse, under any circumstances.

You are worthy. Believing yourself to be valuable, capable, and deserving of happiness may help give you the strength to leave a relationship.

Don't walk in unless you are willing to walk out. Make up your mind beforehand that you are comfortable ending the relationship.

Jealousy can be a destroyer. It may first feel like a welcome gift, displaying evidence of a lover's strong feelings and fear of losing you.

Beware of isolation. Can be accomplished by physically moving the victim to a remote location, away from anyone connected to partner.

Assess threats. Consider context, purpose, ability, and content.

Know if it's high-risk. Some types of abuse are more highly correlated with intimate partner homicide than others.

The abuser is not your responsibility. An abuser's job is made far easier when his victim believes they can stop the downward spiral of violence by being a better partner.

Develop a safety plan. Make a personalized safety plan with an experienced advocate.

For more tips and information check out:

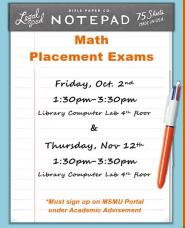
http://sealpress.com/2014/10/12-tips-to-avoiddomestic-violence/



**Domestic Violence Awareness Month** October, 2015









**Weekend Events** 

Saturday 10/17

**Sunday 10/18** 

**Friday 10/16** 

Catch A Train Ride in

Travel Town @ Griffith Park!

10am until 4:30 pm

Come join the

Mount Community in Mass Mary Chapel

Chalon 7 PM



MID-SEMESTER 🐽 BREAK WITH SOME FUN @...

Submit your activities, events or announcements to the Athenian Weekly and keep

the campus informed! Submissions are due every Wednesday at 12:00 PM for the next week's issue. E-mail: athenianweekly@msmu.edu



Athenian Promise: I will respect the sanctity of the learning environment and avoid disruptive and deceitful behavior toward other members of the college community. (3 out of 6)

Volume 1. Issue No. 9

Monday, October 19, 2015

Published by the Student Affairs Office

Campus Security Safety Tips:

**Campus Fire Safety Awareness Month** 

We can all prevent fires, by making sure all fire safety equipment (smoke detectors, fire extinguishers, exit signs, etc.) are up to date and in proper working condition. Never overload an electrical outlet or power strip. Only use extension cords on a temporary basis and never have an open flame in resident's halls or areas that are a high fire zone.

Always contact Campus Security if you see a fire.

Safety Tips are brought to you by the Dept. of Campus Security. Stay Informed, Stay Alive



### REGISTRATION WEEK

Seniors - November 2<sup>nd</sup>

Juniors - November 3rd

Sophomores - November 4th

Freshmen - November 5th

ALL STUDENTS MUST MEET WITH ADVISORS PRIOR TO REGISTERING FOR CLASSES

WHERE: CHALON FITNESS CENTER

WHEN: OCT. 19th and 21st

TIME: 5:00PM - 6:30 PM

**FOR MORE INFO, CONTACT:** 

COACH HERSHEY || hcanta@msmu.edu





What's your mood?

National Depression Screening Day

Tuesday, October 27, 2015

12:00pm - 3:00pm

Chalon Campus, The Circle

If you are feeling angry, sad, anxious or any other emotion, come to this event to TEST YOUR MOOD! It's **FREE** and anonymous!

> Giveaways and helpful resources will be provided! Please call 310-954-4114 for more info.



Presented by Counseling and Psychological Services























Volume 1, Issue No. 9

#### Page 2

### **New Shuttle Service**

### **MSMU Transportation and Parking introduces**

"The Mount Local" designed for individuals who use public transportation to get to the Chalon Campus.

University ID and transit receipt must be presented to board the shuttle.

Pickup:
Saltair & Sunset

Depart Chalon: Sunset & Bundy

7:00am 7:30am 8:30am

12:00pm 3:00pm

5:00pm



For more information Contact Transportation and Parking at (310)-954- 4044

### **Girl Rising - A Film Screening**

"RIGHT NOW,

66 million girls

DREAM OF GOING

TO SCHOOL."

-2012 EFA GLOBAL MONITORING REPORT.



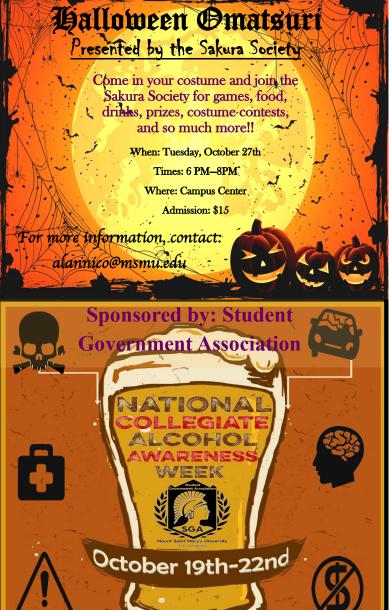
Please join us for a screening of Girl Rising. It is both a Global Campaign for Girl's Education and a reminder of how fortunate we are as students and educators to have the privilege of education!

Two Screenings of "Girl Rising"

Wednesday, October 21st 5:30pm - 8:00pm

Thursday, October 29<sup>th</sup> 5:00pm-7:00pm

Sponsored by the Learning Assistance Programs and the Scholar Mentor Club



#### Grammar Refresher: Punctuation and Parts of Speech

Learn to write flawless resumes, essays, and so much more. No more mistakes!

Two Sessions with David Perez:

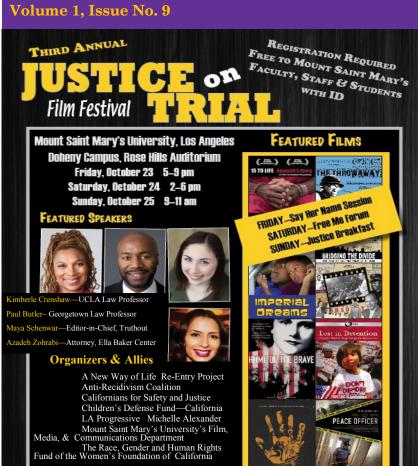
Wednesday, October 21 5:00 PM - 6:00 PM H403

Thursday, October 22 1:00 PM - 2:00 PM H402



DATE

"A synonym is a word you use when you can't spell the other one." - Baltasar Gracián Page 3



## CPS Tip of the Week

### Feeling Sad or Depressed?

Fill out this worksheet for yourself. Try some of these things. Repeat.

- 1. A type of exercise I can do for 15-20 minutes each day.
- 2. Healthy foods I like and can eat regularly to nurture myself.
- 3. A creative, fun, or funny activity I can do.
- 4. Three good things in my life.



Counseling and Psychological Services Chalon Office 310.954.4114, Humanities, 1st Floor Doheny Office 213.477.2668, McIntyre, 1st Floor





OCTOBER is...

323.563.3575

Breast Cancer Awareness Month

Want to learn how to do a

Tickets & Info: justiceontrialfilmfestival.org

**BREAST Exam TESTICULAR Exam?** 



#### **NO DISROBING NECESSARY!**

Appointments available in Student Health Services during the month of OCTOBER for all eligible students.

> **90 DAY PASSPORT TO HEALTH PARTICIPATION BONUS EVENT**







For More Information call Student Health Services Chalon 310.954.4110 and Doheny 213.477.2685

**STEM Speaker Series Presents:** 

### **HOW TO WRITE A STRONG & CREATIVE** PERSONAL STATEMENT

TELL YOUR STORY AND FIND YOUR UNIQUE ANGLE

#### WHEN

October 19th, 2015 6:00pm-7:00pm WHERE

### H-302, Chalon campus

This interactive workshop will allow you to feel comfortable writing about your unique background and experiences that will help you stand out from the crowd. Some topics that will be discussed:

- Who are you and what makes you unique?
- . What /who is your motivation?
- . Editing tips and overview of the writing process

\*ALL MAJORS **WELCOME\*** 

#### PRESENTED BY:



Dr. Erica Lubliner, MD

PLEASE BRING:

Pen Notepad









engineering . math



Dine-N-Chat:

(n.) Fear of Public Speaking



When: October 22, 2015 Where: Haven Park Time: 11:30 am-12:30pm Sign up in H200A LUNCH will be provided



Join English and Speech Professor Dara Halperin as she shares her tools and skills in becoming an effective public speaker.

She will help students boost their CONFIDENCE and battle the FEAR of speaking in public











### **Weekend Events**

**Friday 10/23** 

Saturday 10/24

**Sunday 10/25** 



↔ 16TH ANNUAL W DIA DE EOS MUERTOS FESTIVAL @HOLLYWOOD FOREVER CEMETERY

LOS ANGELES HAUNTED HAYRIDE Have a Haunting Experience at L.A.'s Haunted Hayride

Hours: 7PM to 10:30PM

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 PM for the next week's issue. E-mail: athenianweekly@msmu.edu

# Athenian Weekly

Athenian Promise: I will support a culture of diversity by respecting the rights of those who differ from me. (4 out of 6)

Volume 1, Issue No. 10

Monday, October 26, 2015

**Published by the Student Affairs Office** 

### Campus Security Safety Tips: Campus Fire Safety Awareness Month

To survive a fire:

- If there is smoke in the room, keep low to the floor.
- Try to exit the room. Feel the doorknob, if it is hot, do not open the door.
- If the doorknob is not hot, brace yourself against the door and crack it open. If there is heat or heavy smoke, close the door and stay in the room.
- Don't panic, call 911 and Campus Security immediately.
- Seal up the cracks under the door with sheets, or towels. If there is smoke in the room, crack the windows at the bottom and at the top, if possible to allow for ventilation.

Safety Tips are brought to you by the Dept. of Campus Security. Stay Informed, Stay Alive.

Career Services & Internships,

Community Engagement, and

Women's Leadership & Student Involvement

present

## Haunted Open House

Porto's available while it lasts!

Free raffle with prizes!

Wednesday, October 28th 11:00a.m.-3p.m. Doheny BLDG 11 upstairs

Rooms 200, 211, 213

Stop by if you dare for some tricks or treats!

We'll have a FRIGHTFULLY good time

### CPS Tip of the Week

### **Some Tips for Coping with Depression:**

Break big tasks into smaller ones.

Eat balanced meals and go for walks.

Spend time with people you love.

Speak to a counselor or a therapist.

Be kind to yourself and give yourself time to heal.



Counseling and Psychological Services Chalon Office 310.954.4114, Humanities, 1st Floor Doheny Office 213.477.2668, McIntyre, 1st Floor





Charity Ball 2015 tickets on sale



Pre-vale: Now-Nov.4:\$10
At the Door: (Nov.5):\$12

Table (8 people): \$70

Purchase tickets at SGA and Women's Leadership & Student Involvement Office













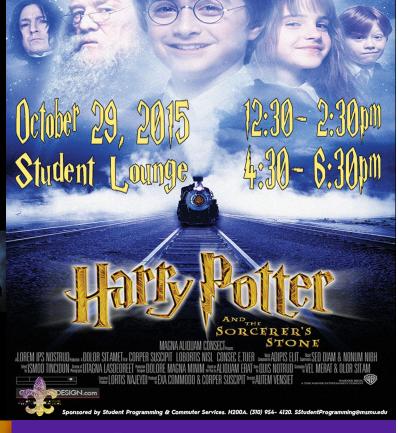




Custom Graduation Invitations & Announcements

ARTISTRYFOTO Your Oblicial Yearbook Photo Studio

201 North Brea Blvd Suite C Brea CA 92821 714.529.7360 www.artistryfoto.com Contact@artistryfoto.com



### REGISTRATION WEEK

Seniors - November 2<sup>nd</sup>

Juniors - November 3rd

Sophomores - November 4th

Freshmen - November 5<sup>th</sup>

ALL STUDENTS MUST MEET WITH ADVISORS PRIOR TO REGISTERING FOR CLASSES









**Auditory Screening** 

{Do you hear me now?}

-and-



**Vision Screening** 

{I've only got eyes for you}

**Appointments available** 

in Student Health Services

For More Information call Student Health Services

Chalon 310.954.4110 and Doheny 213.477.2685

### Land the job



#### THIS IS WHAT IT MEANS TO WRITE A COVER LETTER

More often than not, people assume the cover letter is just a formality, but the thing is, your cover letter is part of a whole package and it should feel that way. Writing a cover letter for your resume requires a bit of extra care, but the result is a stronger, more impactful job application, and ultimately worth the time. The extra attention won't go unnoticed!

#### Four Tweaks to Get You on Track:

- Connect the Dots Ask yourself "Why did I Choose to write about these
- experiences?" and include it in your cover letter.

  Give Context to Your Resume— Your cover letter is where you can tell the whole story so that the hiring manager can visualize what you are
- doing and place you in the position.

  Answer the Obvious Questions— When a resume raises questions, the best place to answer these questions is in the cover letter.
- Present a Visually Cohesive Package— Make your resume and cover letter look like they belong together.

Add Value to Your Newsletter
Keep your content as current as possible. If you publish a monthly letter, ensure you include content from only the last month. Also, use photographs and other visuals to add interest and enable the reader to

scan quickly for information.

#### **CONNECT WITH CAREER SERVICES & INTERNSHIPS:**

**Chalon Campus Humanities 401** M-F 8:30am-4:30pm

(310) 954-4410

**Doheny Campus Building 11, Room 213** M-F 8:00am-4:30pm

(213) 477-2852

Marlene Simon, Director msimon@msmu.edu

Angela Tilley, Assistant Director

atilley@msmu.edu

Mount Saint Mary's University: Students & Alumnae

**MSMUHireAthenians** 

@MSMU\_CareerServices MountCareerNetwork.com Source: https://www.themuse.com/This.is What It Means to Write a Cover Letter for Your Resume by Lily Zhang



in us for some singing and a good time!

**DATE: Every Tuesday** 

IME: 6:00pm-7:30pm LOCATION:

**Student Lounge** 

Sponsored by Student Affairs

### **New Shuttle Service**

### **MSMU Transportation and Parking introduces**

"The Mount Local" designed for individuals who use public transportation to get to the Chalon Campus.

> University ID and transit receipt must be presented to board the shuttle.

Pickup: **Depart Chalon:** Saltair & Sunset Sunset & Bundy

> 7:00am 12:00pm 7:30am 3:00pm

8:30am 5:00pm



SAC Presents: Halloween Bash

Partnering with

Pangkat Pilipino, Pi Theta Mu, akura Society, AACW, peration Smile & SGA

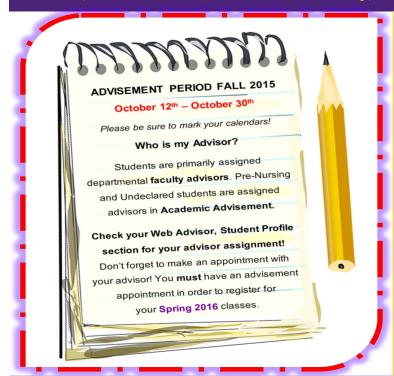
Thursday, October 29, 2015 12-2 PM

Circle

el cakes

arity Ball tickets







your mood?

National Depression Screening Day

Tuesday, October 27, 2015 12:00pm - 3:00pm

Chalon Campus, The Circle

If you are feeling angry, sad, anxious or any other emotion, come to this event to TEST YOUR MOOD! It's FREE and

Giveaways and helpful resources will be provided! Please call 310-954-4114 for more info.

Presented by Counseling and **Psychological Services** 

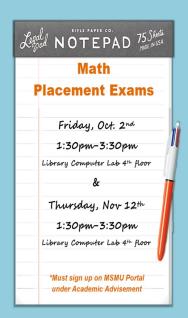


## Business Office Note

THANK YOU to all the students who attended our Financial Literacy Workshops! We hope you learned something new and that you will share this new knowledge with your peers. Don't worry if you were not able to attend one of

> Please follow us on Facebook for updates: acebook.com/MSMUBusinessOffice





### **Weekend Events**



### HALLOWEEN CARNAVAL

The largest Halloween street party in the world happens in West Hollywood!

Santa Monica Blvd Los Angeles, CA 90069

6 PM to 11 PM





@ Santa Monica k the wel for more http://santamonicapier.org/frontporchcinema

**Friday 10/30** 

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: athenianweekly@msmu.edu

# &Athenian Weekly &

Athenian Promise: I will contribute to the development of a caring community where compassion for others and freedom of thought and expression are valued. (5 out of 6)

Volume 1, Issue No. 11

Monday, November 2, 2015

**Published by the Student Affairs Office** 

### Alcohol Awareness

Stay Informed, Stay Alive



Safety Tips are brought to you by Dept. of Campus Security.

MY RULES:
DON'T DRINK AND DRIVE
MAKE IT TO CLASS
NO BLACK OUTS
DON'T BECOME A PARENT
STAY IN CONTROL
NO ONE NIGHT STANDS

Around 5,000 young people under the age of 21 die as a result of underage drinking. 1,900 die from motorcycle crashes, 1,600 a result of homicides, 300 suicide, and hundreds from other injuries such as falls, burns, and drowning 600,000 students are unintentionally injured while intoxicated. 700,000 students are assaulted by others who have been drinking. 100,000 students are victims of alcohol-related sexual assault or date rape.

### CPS Tip of the Week

Benefits of Deep Breathing

Take a few moments to take in some deep breaths. It has many physical and mental benefits. Deep breathing increases levels of oxygen your body is gets, allowing your body to feel more relaxed and muscles to release tension. Deep breathing releases pleasure inducing chemicals to the brain, which helps elevate your mood! Deep breathing involves taking slow, long, concentrated breaths. Start by taking a slow breath in through the nose for approximately five seconds and hold for five seconds. Next, exhale slowly through the mouth, for about five seconds. Wait for a few seconds, then repeat for about 6-8 breath cycles. Try IT!



Counseling and Psychological Services
Chalon Office 313.477.2668, McIntyre, 1st Floor
Doheny Office 213.477.2668, McIntyre, 1st Floor



### The Athenian Print & Student Affairs Presents



OPEN MIC NIGHT

Wednesday, Nov. 11 6:00 pm - 9:00pm

Candy Bar, Coffee, & Churros Outside of Campus Center



Fall Omatsuri

What Japanese Club's

First Annual Fall Festival

When: Thursday, November 12,

7pm-9pm

Where: Campus Center East

Anight filled with fungames, prizes, sushi, Karaoke, a Photo booth, and much more!

Admission: \$10

Cosplay is encouraged! Come dressed as your favorite character as there will be a costume contest.

Presentation by Professor Yuki Taylor







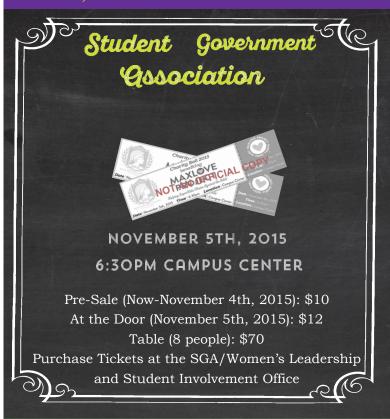


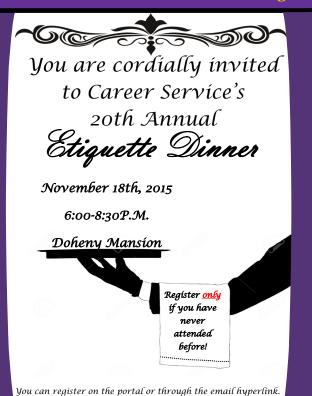












### Greetings Students

Registration and Holds: Registration will begin November 2, 2015 and will be open through November 6, 2015. Please refer to your academic counselor for your specific registration time and date. Also, please note a Business Office hold will prevent registration, so please clear your account to be able to register on time to your anticipated courses.

**Financial Clearance Deadlines:** As you register for Spring 2016, keep in mind that your student account must be financially cleared for that term by **December 9th** (returning students) or **December 23rd** (new students).



### Leliz Día de los Muertos!

Like us on Facebook: www.facebook.com/MSMUBusinessOffice

Call us or email us: 213.477.2540 / 310.954.4040/BusinessOffice@msmu.edu



### Done with Summer School?

If you took summer school courses at a community college, be sure to:

- Follow the articulation agreement found under the Transfer Credit tab on the Academic Advisement portal page.
- 2. Complete and turn in a Transfer of Credit Clearance Form. These forms are located in the Academic Advisement office and on our portal page.
- Have your official, sealed transcripts from the college that you took summer courses mailed directly to the Register's office at the Mount. Until the transcripts are received, the course cannot be added to your record.
- 4. Contact Academic Advisement at x4070 with any transfer credit questions.



Povoet!

**Mount Saint Mary's University** 

Math
Placement Exams

Thursday, Nov 12th

1:30pm-3:30pm

Library Computer Lab

4th floor

\*Must sign up on MSMU Portal
under Academic Advisement

Legal NOTEPAD 75 Sharts

Are you enrolling in a

PHYSICAL
EDUCATION
CLASS for
SPRING 2016?

LET US KNOW WHEN YOU BRING IN YOUR



< PARTICIPATION BONUS EVENT

For More Information call Student Health Services

Chalon 310.954.4110 and Doheny 213.477.2685

Volume 1, Issue No. 11

# PLEN The Public Leadership Education Network Preparing Women to Lead

Mount 🏺 Saint Mary's University

# Women in STEM Policy Washington, DC

Open to sophomores and above **Seminar Dates** January 4-6, 2016

> **Application Deadline** November 11, 2015

Apply today on OrgSync: https://orgsync.com/54559/forms/148413



#### Launch your STEM policy career today!

Learn how to launch your career from

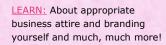
Explore careers in science, health, and technology within public, non-profit, and private sectors.

Develop professional skills by perfecting your resume and putting these skills to task upon networking opportunities with

Partial and Full Scholarships Available through Women's Leadership & Student Involvement

visit Women's Leadership & Student Involvement office: C - Leavey Commons/D - Bldg. 11 2nd Floor Visit the PLEN website to learn more about seminars and view past schedules at www.plen.org

Did you know you only have 7 seconds to make a strong first impression?



#### **Guest Speaker:**

Reena De Asis Director, **Dress for Success Worldwide West** 

**Dress for Success** promotes the economic independence of disadvantage'd women by providing professional attire, a network of support and the career development tools to help women thrive in work and in life.

#### Follow them @DFSWest

Thursday, November 12TH, 2015 1-2pm H 403

Brought to you by:

Career Services & Internships in partnership with Dress for Success

> Mount 🍿 Saint Mary's University LOS ANGELES



# CONGRATULATIONS TO OUR ATHENIAN DAY WINNERS

#### **OVERALL WINNERS**

1st Place: Gay Straight Alliance

3rd Place: RA Squad

### **TEAM AWARDS**

Spirit Award: ISAE Barbaes

**Hype Master Award: CNSA** 

2nd Place: ISAE Barbaes Unstoppable Award: Alum Team

**Best Skit Award: AACW** 

#### INDIVIDUAL AWARDS

**Arm Wrestling: Gay Straight Alliance** Pool in One: RA Squad & Folkoristas

**Dance-Off: Alum Team** 



When: Tuesdays 5:00-5:45 PM

Starting Oct 20th

Where: Chalon, DH 309 (Dance Studio)

Who: First 20 to arrive

**Bring:** Yoga Mat (exercise mat is

available if needed)



#### **DRESS FOR SUCCESS**

### **Meets Interviewing:**

How to Succeed with Your Best Heels Forward

Join us for this free workshop. Discover how to "Dress For Success" and brand yourself for a stellar interview!

Learn great interview tips that will give you the edge over your competition!

> **Thursday, November 12** H403 1-2pm

# Connect with Org Sync

Get Synced with Student life and leadership development at

Mount Saint Mary's University!



Information Storage

Clubs & Organizations

**Events Management** 

#### Join Clubs/Organizations

- 1. Go to OrgSync.com
- 2. Select "Mount Saint Mary's University'
- 3. Use your MSMU username and password to access your account

**Login to Your Account** 

4. Complete Profile Information

- 1. Login to OrgSync.com
- 2. Select "Browse Organizations"
- 3. Browse Organizations to Join
- 4. Request to Join\* (clubs/organizations you would like to be part of or in which you hold a leadership position)

Women's Leadership & Student Involvement I leadership@msmu.edu | 213-477-2664 | Building 11, 2<sup>nd</sup> floor



**WOMEN'S LEADRSHIP &** STUDENT INVOLVEMENT

Apply on the Mount Career Network

For more information stop by the Women's Leadership office/email Brittney Plascencia-Saldana at

bsaldana@msmu.edu or www.msmucsm.symplicity.com

Apply by Friday, November 6, 2015

Do you want to build new skills?

Apply to be an Office Assistant for Women's Leadership TODAY!

Women's Leadership & Student Involvement

**Doheny Campus** 

Building 11, 2nd floor P: 213-477-2664

The sign represents people born C



Join us for a

night of tacos,

aguas frescas,

and performances

by your Ballet

**Folklorico** 

Club!

Pre-sale Adults

\$5 Pre-sale children

When: Thursday November 12, 6 pm

Contact msmuballetfolklorico@gmail.com

# Where: Rose Hills Auditorium

Doheny Campus

\$10 At-The-Door

For Tickets!

# **Weekend Events**

**Friday 11/06** 

**OUT TODAY!** 

SPECTRE

Saturday 11/07



**Sunday 11/08** 

Hate getting wet in the rain? What if you could walk through rain & stay dry...

Get your popeorn & movie candy ready! Enjoy another 007 adventure.

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 PM for the next week's issue. E-mail: athenianweekly@msmu.edu

Athenian Promise: I will honor, challenge, and contribute to the scholarly heritage left by those who proceeded me and worked to leave this a better place for those who follow. (6 out of 6)

Volume 1, Issue No. 12

Monday, November 9, 2015

**Published by the Student Affairs Office** 

Ideas?

Psst...We want your feedback!

Athenian Weekly

We are looking for students to provide us with their thoughts on how to improve the Athenian Weekly!

Let us know what you think I where we can improve!
We're lovely people I open to suggestions.

Thank You,

your marvelous, Athenian Weekly Staff

Send your ideas Here https://www.surveymonkey.com/r/NF5HRSD

Brought to you by Student Affairs

# Scholar Fair

It's an Intellectual Blast

Play wisely with educational games at the Scholar Fair!

Date: Thursday, November 17th Time: 1:00 - 3:00PM

Place: The Circle on Chalon

Sponsored by the Scholar Mentor Club in partnership with Learning Assistance Programs

To participate with a booth or game suggestions, please contact Dr. Micah Daily at 310.954.4142 or mdaily@msmu.edu

# THINK CIVILITY

think kindness

Take the Kindness Week Challenge!

| I. |       |                                                                | 198                                                                                                                                                                     |
|----|-------|----------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|    | Day 1 | Monday<br>November 9, 2015<br>(Instagram, Facebook,<br>etc.)   | #MountCivility  Show Your Kindness by posting a picture, short video, and other examples on social media showing acts of kindness and using the hashtag  #MountCivility |
|    | Day 2 | Tuesday November 10, 2015 Circle 12:00pm—2:00pm                | Attend the Anti-Bullying<br>Campaign and take the<br>pledge to end bullying.                                                                                            |
|    | Day 3 | Wednesday November 11, 2015 Administration Lawn 12:30pm—2:00pm | Create and decorate felt<br>hearts<br>to give to others<br>as a sign of appreciation and<br>thanks.                                                                     |
|    | Day 4 | Thursday November 12, 2015 Administration Lawn 12:30pm—2:00pm  | Join the Mount Civility<br>Project &<br>the Gardening Club to create<br>a Tree of Kindness.                                                                             |
|    | Day 5 | <b>Friday</b><br>November 13, 2015                             | Winner of the Kindness<br>Challenge will be announced<br>via Email and Portal<br>Announcement!                                                                          |

















Did you know you only have <u>7 seconds</u> to make a strong first impression?



**DRESS FOR SUCCESS** 

#### **Meets Interviewing:**

How to Succeed with Your Best Heels Forward

Join us for this free workshop. Discover how to "Dress For Success" and brand yourself for a stellar interview!

Learn great interview tips that will give you the edge over your competition!

Thursday, November 12 H403 1-2pm **LEARN:** About appropriate business attire and branding yourself and much, much more!

#### **Guest Speaker:**

Reena De Asis Director,

**Dress for Success Worldwide** 

West

Dress for Success promotes the economic independence of disadvantaged women by providing professional attire, a network of support and the career development tools to help women thrive in work and in life.

#### Follow them @DFSWest

Thursday, November 12<sup>TH</sup>, 2015 1-2pm H 403

Brought to you by:
Career Services & Internships
in partnership with
Dress for Success

Mount Saint Mary's University

# Alcohol Awareness

Underage drinking can lead to heavy drinking later in life.

Continued use of alcohol can lead to acute consequences & medical problems such as cancers of the oral cavity, larynx, pharynx, esophagus; liver cirrhosis; panereatitis; & hemorrhagic stroke.

(U.S. Department of Health and H<mark>u</mark>man Services, Office of the surgeon General. March 2007. The Surgeon General's Call to Action

To Prevent and Reduce Underage Drinking.)

Safety Tips by the Dept. of Campus Security.

# CPS Tip of the Week

Benefits of Writing in a Journal

- ⇒ Journaling can help you release the intensity of the emotions you are feeling.

  By releasing painful emotions you can feel calmer and less stressed.
- ⇒ Journaling gives you a safe space to explore your personal thoughts and feelings; reflecting back on what you have written can bring you closer to yourself.
- Reading what you have written can help you better organize your thoughts and feelings. When things feel jumbled up inside, writing can help you gain a clearer picture of what you are experiencing.
- Journaling provides an opportunity for quiet time.
- ⇒ Journaling allows you the freedom to think and feel how you want without judgment, no one telling you how to feel, including yourself!



Counseling and Psychological Services Chalon Office 310.954.4114, Humanities, 1st Floor Doheny Office 213.477.2668, McIntyre, 1st Floor







# Weekend Events



**Show Your Kindness ALL DAY** 

Submit a picture via Social Media

**Use #MountCivility** 

Submissions may include a brief paragraph, a short video clip or photo.

The best submission will win a grand prize and be

announced Friday, November 13th

**Friday 11/13** 

Take a trip to Sawtelle and try Tsujita L.A.

Ramen is the perfect meal for cold weather.

Hours: 11:00 AM to 2:00 AM

Saturday 11/14

The Grammy Museum

College Students: \$11.95 (Valid ID required)
Groups: \$10.00 (10 or more persons)

800 West Olympic Boulevard A245, Los Angeles Hours: 10:00 AM – 6:30 PM JOIN the Mount Community Attend Mass at the Mary Chapel

**Sunday 11/15** 

Time: 7 PM

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: athenianweekly@msmu.edu

Athenian Promise: I will embrace the concept of a civil community which does not tolerate violence, theft, bigotry, or harassment of others in any form. (1 out of 6)

Volume 1, Issue No. 13

Monday, November 16, 2015

**Published by the Student Affairs Office** 



### Safety Tips Alcohol Awareness – Fact 3

National Council on Drug Dependency reports Underage alcohol use increases the risk of physical and sexual assault, illicit drug use, and tobacco use; and can cause a range of physical consequences, from hangovers to death from alcohol poisoning. It can cause alterations in the structure and function of the developing brain, which continues to mature into the mid— to late twenties, and may have consequences reaching far beyond adolescence.

reaching far beyond adolescence.
(U.S. Department of Health and Human Services,
Office of the surgeon General. March 2007. The
Surgeon General's Call to Action To Prevent and
Reduce Underage Drinking.)

Brought to you by Campus Security, Stay Informed Stay Alive



President Ann McElaney– Johnson invites you and your family to join the Mount Community to celebrate



CHRISTMAS OPEN HOUSE SUNDAY, DECEMBER 6, 2015 2:00—4:00 P.M.

Mount Saint Mary's University
Dohney Mansion 10 Chester Place, Los Angeles

Carolers in turn-of-the-century costumes

Mansion lectures by Don Sloper, author of "Chester Place"

Sweet and savory treats

RSVP to Susan Lee at slee@msmu.edu or 213.477.2962



Please join our efforts to share the joy of Christmas by bringing a new unwrapped toy to this event.

The gifts will be donated to CSI-sponsored ministries.

















Did you know that walking produces endorphins which can help you reduce stress hormones and put you in a better mood? In fact, walking can be one of the easiest ways to destress; all you need is yourself, ten minutes, and the outdoors! Easy, right?!

You might ask, how can something so easy be so good? Well, here are some reasons why walking is a great way to destress:

- Connecting to nature can help you forget about the stressful things you have going on in life
  - You can do it with a friend, family, or your pet
    Promotes healthy breathing

what are you waiting for? Get out there and



Counseling and Psychological Services Chalon Office 310.954.4114, Humanities, 1st Floor Doheny Office 213.477.2668, McIntyre, 1st Floor



Like us on Facebook at MSMU.CPS

I SAW YOU MISSED SOME DEADLINES



Spring 2016 Financial Clearance

Message from the Business Office

Greetings Students!

APPLICATION OF THE PERSON OF T

**Deadline:** For traditional undergraduates, your student account must be financially cleared by December 9th (returning students) or December 23rd (new students).

Spring 2016 Health Insurance Waiver: The new waiver will be available soon at www.msmu.edu/insurance – expect an email reminder. The deadline to complete the waiver is January 31, 2016.

**Looking for Work-Study:** Our office at Doheny is hiring, Chalon and Doheny students are all welcome to apply. Send a cover letter and a copy of your resume to MSMU's Bursar. Deborah Lowe at klowe@msmu.edu.

Like us on Facebook: www.facebook.com/

MSMUBusinessOffice

Call us or email us: 213.477.2540/310.954.4040/

BusinessOffice@msmu.edu



It's an Intellectual Blast

Play wisely with educational games at the Scholar Fair!

Date: Tuesday. November 17th Time: 1:00 - 3:00PM

Place: The Circle on Chalon Campus

Sponsored by the Scholar Mentor Club and Learning Assistance Programs

To participate with a booth or game suggestions, please contact Dr. Micah Daily at 310.954.4142 or mdaily@msmu.edu



ome Relaxation Into Your Holidays!

TUESDAY, November 24th 2015, 12:00pm - 3:00pm Hannon Parlor and The Circle



Gingerbread Building & **Other Holiday Crafts!** Snacks!

Free Massages! (appointment recommended)



ll 310-954-4110 starting Nov. 17th schedule a massage appointment

All Events are <u>FREE</u> and sponsored by:

Counseling and Psychological Services: 310-954-4114





Well-behaved women seldom make history.







SPRING 2016
WST 10: Intro to Women's Studies
Chalon
Dr. Pat Ash
pash@msmu.edu



# STEM's Speaker Series: Dr. Kate Sleeth



City of Hope is a Nationally Ranked Hospital for Cancer by US News. It also has a graduate school? Dr. Sleeth, Graduate & Professional Studies Program Director, will speak about the various graduate programs offered as well as her personal journey towards a PhD in Biochemistry!





When: Thursday, November 19

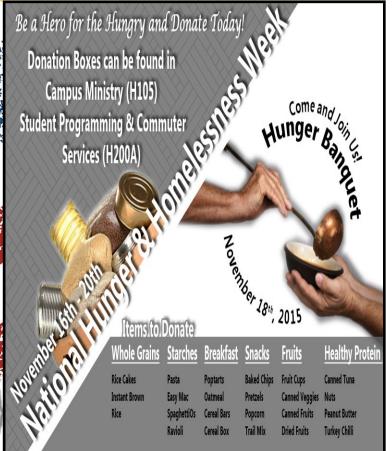
1:00 - 2:00 pm

Where: H-201



\*\*ALL MAJORS WELCOME\*\*





FREE GIFT FOR ALL **PARTICIPANTS** 

TAKE THE PLEDGE TO QUIT or NEVER START

**SMOKING!** 

IN STUDENT HEALTH SERVICES

Ditch the Lighter, Trash Your Pack

**GREAT AMERICAN SMOKEOUT** 

Thursday, November 19, 2015





PASSP(\*\*)RT

**PARTICIPATION BONUS EVENT** 

For an appointment, call Student Health Services Chalon 310.954.4110 and Doheny 213.477.2685

## Feeling like you need to relax? Don't stress out just yet.

Take an hour for yourself and come to the CPS drop-in relaxation workshop that will be meeting once a month in the residence halls.

Learn different relaxation techniques such as deep breathing, progressive muscle relaxation, guided imagery and meditation.

Who: On-Campus residents only

When: November 17, 2015, from 5-6 pm!

Where: Brady, First Floor

Why: Because you deserve it!

What do I bring: Nothing! Just yourselves +

lear comfortable clothing you can relax in.



# 

Make your mark on the world & join Oxfam for our last general meeting of the semester! Learn about our upcoming cactus fundraiser, plans for Spring 2016, & much more!

> Monday, November 16th 6:30pm-7:30pm **Hannon Parlor**



THURSDAY, NOVEMBER 19, 2015 HANNON THEATRE PRE-SALE: \$8 | AT DOOR: \$10

All proceeds will go to ABS-CBN Bayan Ni Juan for sustainable community development in the Phillipines!



6:30-8:30 PM

Please join the Mount tradition of music, food, friends,

and joy!





# **Weekend Events**



## **Friday 11/13**

Head down to your local theater & catch "THE 33

Inspired by the miners in Chile

# Saturday 11/14

Enjoy the Chilly Weather with some

KIce Skating Fun @ Ice in Santa Monica

Saturday: 10:00am - Midnight Admission with Skate Rental: \$15

## **Sunday 11/15**

Attend Mass at Mary Chapel with the Mount Community MASS @ 7 PM

Celebrate Hunger and Homeless Week November 16-22

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 PM for the next week's issue. E-mail: athenianweekly@msmu.edu

Athenian Promise: I will commit myself to the pursuit of knowledge with personal integrity and academic honesty. (2 out of 6)

Volume 1, Issue No. 14

Monday, November 23, 2015 Published by the Student Affairs Office

# ARE YOU STAYING IN THE RESIDENCE HALLS THIS THANKSGIVING BREAK? If so, please make sure to do the following: for the Thanksgiving Census (located in your designated RA's door) by

if you are planning to stay between T It is important you sign-up so we can account for you in case of an emergency. Students will still be allowed to enter campus if they do not sign-up but they will have to sign in and out at the Main Gate every time entering and exiting campus.

Residence Life and Food Services will be hosting a Thanksgiving Dinner on You **MUST** indicate your attendance on the Thanksgiving Census Sheet so enough food can be prepared.

Contact the Residence Life or your designated RA



E G 0 G 0 0 T П S S V 0 E G S N M C Q D D S E A N 0 N K Z Т S Ε S T T

See how many of these newspaper related words you can find in the puzzle. The words can be forward, backward or diagonal,

- 1. GIVING
- 2. THANKS
- 3. THANKSGIVING
- 4. HOLIDAY
- 5. GRATEFUL
- 6. GRATITUDE
- **KINDNESS**
- 8. CARING
- 9. FAMILY
  - 10. FRIENDS
  - 11. HEALTH
  - 12. APPRECIATE

13. RESPECT 14. THANKFUL 15. POLITE 16. MANNERS

Some Relaxation Into Your Holidays!

TUESDAY, November 24th 2015, 12:00pm - 3:00pm

Hannon Parlor and The Circle

**Gingerbread Building &** Other Holiday Crafts! Snacks!

Free Massages!

(appointment recommended)

All Events are <u>FREE</u> and sponsored by:



# සි Holiday Safety



Safety Tips: By the Dept. of Campus Security. Stay Informed, Stay Alive

With the Holiday's rapidly approaching it's important to remember safety when you are shopping. Take a few precautions before hitting those sales. Only carry items that you will need. Don't take all your credit cards and only carry the amount of cash you will need. Avoid taking a purse if possible and carry your wallet in your front pocket. If you need to use an ATM, use one in a very well-lit public place or inside a shopping mall. Try to park close to your destination and stay away from bushes or someone can surprise you when you come back to your vehicle. If you feel you are being followed back to Campus, inform Campus Security immediately.

















President Ann McElaney-Johnson invites you and your family to join the Mount Community to celebrate



# (hvistmas)Magi at the Mansion)

**CHRISTMAS OPEN HOUSE** SUNDAY, DECEMBER 6, 2015 2:00—4:00 P.M.

Mount Saint Mary's University Dohney Mansion 10 Chester Place, Los Angeles

Carolers in turn-of-the-century costumes Mansion lectures by Don Sloper, author of "Chester Place" Sweet and savory treats

RSVP to Susan Lee at slee@msmu.edu or 213.477.2962

Please join our efforts to share the joy of Christmas by bringing a new unwrapped toy to this event. The gifts will be donated to CSJ-sponsored ministries.

Sagittarius Horoscope Nov.23.2015

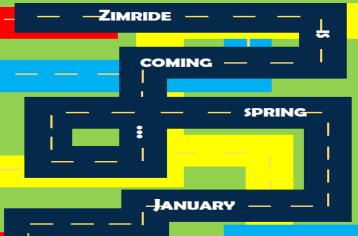
Motto: I SEEK!

Symbol: Archer, an individual aiming high, having a positive outlook on life and great charisma.

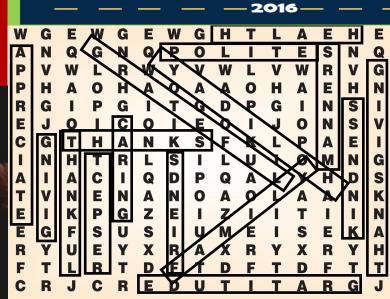
Opposite sign: Gemini.

Element: Fire. This is an element said to rule over signs born on November 23 who are versatile and enthusiastic individuals. Fire heats air, makes water boil or models earth when combined with the other three elements.

### Coming soon to Mount Saint Mary's University



Be on the look out for more details !



See how many of these newspaper related words you can find in the puzzle. The words can be forward, backward or diagonal.

- 1. GIVING
- 2. THANKS
- 3. THANKSGIVING 4. HOLIDAY
- 5. GRATEFUL 6. GRATITUDE 7. KINDNESS 8. CARING
- 9. FAMILY
  - 10. FRIENDS
  - 11. HEALTH 12 APPRECIATE
- 14. THANKFUL
- 13. RESPECT 15. POLITE
- 16. MANNERS

# Weekend Events



**Friday 11/27** 

Saturday 11/28

**Sunday 11/29** 



Gear up for the Christmas shopping season! May the odds be ever in your favor.

Check out Disney Pixar's newest creation!



In Theaters TODAY!

Santa is on his way!

pread your Christmas cheer at Hollywood's 83rd Annual **Christmas Parade** rting @ 5pm On Sunset Blvd

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: athenianweekly@msmu.edu

Athenian Promise: I will respect the sanctity of the learning environment and avoid disruptive and deceitful behavior toward other members of the college community. (3 out of 6)

Volume 1, Issue No. 15

Monday, November 30, 2015

**Published by the Student Affairs Office** 

Message from the Business Office

#### **Spring 2016 Financial Clearance Deadline:**

For traditional undergraduates, your student account

must be financially cleared by

**December 9**th (returning students) or

**December 23<sup>rd</sup>** (new students).

Happy

Spring 2016 Health Insurance Waiver: The waiver is available online, and the deadline to complete the waiver is January 31, 2016.

Office Hours during the Holidays: The university will be closed December 24, 2015 to January 3, 2016.

When: Finals week

December 7th,8th,9th

Where: Student Lounge

Time: 10:00am-6:00pm

Join us for some delicious cookies and warm tea!

President Ann McElaney– Johnson invites you and your family to join the Mount Community to celebrate



# Christmas Magic at the Mansion

CHRISTMAS OPEN HOUSE SUNDAY, DECEMBER 6, 2015 2:00—4:00 P.M.

Mount Saint Mary's University
Dohney Mansion 10 Chester Place, Los Angeles

Carolers in turn-of-the-century costumes

Mansion lectures by Don Sloper, author of "Chester Place"

Sweet and savory treats

RSVP to Susan Lee at slee@msmu.edu or 213.477.2962

Please join our efforts to share the joy of Christmas by bringing a new unwrapped toy to this event. The gifts will be donated to CSJ-sponsored ministries.

# **Campus Security Safety Tips**

If you are staying local for the Holiday's make sure your windows and doors are locked even if you are gone briefly. It doesn't take a thief very long to get in and out with your valuable items. You can leave a radio or television on while you are away from your home to further support the illusion that someone is at home. Con artists posing as representatives of charitable organizations may be more prevalent during the holiday season. Always ask for their organization's issued identification. If in doubt, do not contribute! If you are uncomfortable with a stranger approaching your home, do not open the door. If you see something suspicious immediately notify local law enforcement! If you are going out of town for the Holiday's again make sure all windows and doors are locked, but also using timed lights are highly recommended. You also want to ask a friend or family member to go by and make periodic checks on your home.

Have a Safe Holiday Season!

by the Department of Campus Security. Stay Informed, Stay Alive.







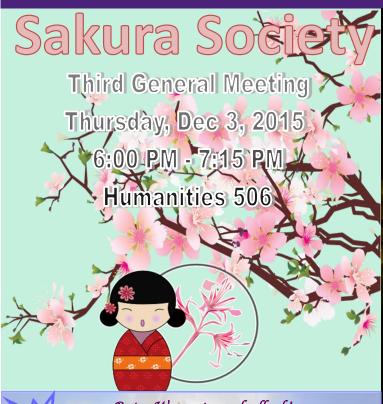












Psst...We want your feedback!

Athenian Weekly

We are looking for students to provide us with their thoughts on how to improve the Athenian Weekly!

Let us know what you think L where we can improve!
We're lovely people L open to suggestions.

Thank You,

Hour to kill?

your marvelous, Athenian Weekly Staff

Send your ideas Here https://www.surveymonkey.com/r/NF5HRSD

Brought to you by Student Affairs

# CPS Tip of the Week

#### Music to Relieve Stress

Ever notice how specific songs can put you in a certain mood? This is because music has great effects on our emotions and our body. Think about it, does Justin Bieber make you feel happy or make you want to get up and dance? Does Adele make your heart feel heavy or just want to cry? Interestingly, research shows that faster tempos can make you feel more positive, while slower tempos can relax your mind and muscles. Music can be a fun and effective way to relieve stress and relax. The best part is, music is easy to access and has immediate benefits!

Tune into music and out of stress!

Rise to music, set your alarm to something soothing or uplifting.

Try singing along to your favorite songs.

Learn how to play an instrument.

Dance to your favorite beat!

If you are a commuter, play some relaxing music on your way to school or work.



Counseling and Psychological Services Chalon Office, 310.954.4004, Humanities 1st floor Doheny Office, 213.477.2668, McIntyre 1st floor



### FUN FACT:

The modern day orange carrot wasn't cultivated until Dutch growers in the late 16th century took mutant strains of the purple carrot and gradually developed them into the sweet, plump, orange variety we have today. It is thought that the modern day orange carrot was developed by crossing the mutated yellow and white rooted carrots as well as varieties of wild carrots, which are quite distinct from cultivated varieties.



# **Weekend Events**



## **Friday 12/04**

Watch planes take off @ the

Santa Monica Airport Observation Deck

Located on 3223 Donald Douglas Loop South

Keep in mind you won't see any planes 11pm—7am on Weekdays | 11pm—8am on Weekends

# Saturday 12/05

Holiday Shopping? Check out
Artisanal LA Holiday
City Market

Old Town Pasadena

150 Local Makers + 150 Indie Businesses + 3 City Streets & Alleys Holly Street & Beyond **Sunday 12/06** 



Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: athenianweekly@msmu.edu

Athenian Promise: I will support a culture of diversity by respecting the rights of those who differ from me. (4 out of 6)

Volume 1, Issue No. 16

Monday, December 7, 2015

Published by the Student Affairs Office

# Campus Security Safety Tips

Holiday's = Social Events. So please be responsible out there. Never go to a party or gathering alone. Let others know where you will be. Make sure your phone is fully charged. NEVER leave your drink unattended. It's an easy way someone can put something in your drink. Do not get into a vehicle with a driver that has been drinking. Arrange for an official designated driver who will not drink at all.

Remember safety first to ensure a fun and safe Holiday Season for you and your loved ones! If you will be attending parades, pay attention to your surroundings. If you see a suspicious package inform law enforcement immediately.

Have a safe Holiday Season!

Safety Tips are brought to you by the Department Stay Informed, Stay Alive. Campus Security. WORD SEARCH

E N T C

Happy Holidays Christmas Vacation

**HAPPY** 

- 5. Family Presents
- 9. Shopping

- 14. Songs 15. Movies

. Message from the Business Office

### **Spring 2016 Financial Clearance Deadline:**

For traditional undergraduates, your student account

must be financially cleared by

December 9<sup>th</sup> (returning students) or

December 23<sup>rd</sup> (new students).

Spring 2016 Health Insurance Waiver: The waiver is available online, and the deadline to complete the waiver is January 31, 2016.

Office Hours during the Holidays: The university will be closed December 24, 2015 to January 3, 2016.



When: Finals week

December 7th, 8th, 9th

Where: Student Lounge

*Time*: 10:00am – 6:00pm

Join us for some delicious cookies and warm tea!























and call to book appointments in

Student Health Services to complete your



Chalon 310.954.4110

Doheny 213.477.2685

### **Chilly Weather?**

Did you know: Emperor Penguins live out the



Antarctic Winter in -60°C (-76°F) and blizzards of 200 km/h (124 mph) weather conditions.



**Friday 12/10** 

Saturday 12/11

**Sunday 12/12** 

Head Out To The Annual Holiday

Dec 4—Jan 3 6-10 pm Adults: \$13 Enjoy A Stroll Down.



5966 Lubao Ave, Woodland Hills, CA 91367

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: athenianweekly@msmu.edu



Athenian Promise: I will embrace the concept of a civil community which does not tolerate violence, theft, bigotry, or harassment of others in any form. (1 out of 6)

Volume 1, Issue No. 1

Monday, January 11, 2016

**Published by the Student Affairs Office** 

# COMMUTER REGISTRATION

**Get Your Spring 2016 Semester Sticker** 

& Locker Registration

\*Lockers are give on first come first serve basis. Proof of lock must be shown at this time.

### **Bring**

Receive

Commuter Sticker



Monday, January 11, 2016

SPCS Office—Humanities 200A

# CIRQUE DU SOLEIL - KURIOS

Mount in the City Presents...

Friday, January 22, 2016 at 5:10PM RSVP AT H200A

Please bring your current MSMU student ID & a \$10 non-refundable deposit









MSMU SPCS

@MSMUStudentProgramming @MSMU SPCS

**Questions? Contact us! Student Programming and Commuter Services** [ (310) 954-4120 | H200A | studentprogramming@msmu.edu

# Are You Ready To Hoop?!

Grab your sneakers and come tryout for the Mount Saint Mary's University Women's Club Basketball team!

Tryouts will be held Tuesday, January 19th from 6pm-8pm and Wednesday, January 20<sup>th</sup> from 7pm-9pm. Both tryouts will be at the MSMU Chalon Fitness Center.

All students are welcome!

For more information or any questions, contact Coach Brittany White at bwhite@msmu.edu or 313.443.9523.







# **CAMPUS MINISTRY**



WELCOME BACK **CHOCOLATE CHIP COOKIES!** Monday, January 11th, 2 p.m., H105

**HUMAN TRAFFICKING** AWARENESS DAY

Monday, January 11th, 11:30 a.m., The Circle

SUNDAY MASS

Sunday, January 17th, 7 p.m.

Questions? Contact Campus Ministry! campusministry@msmu.edu x4125 (Chalon) x2672 (Doheny)

















# MSMU SPRING FORMAL SORORITY RECRUITMENT 2016

#### SAVE THE DATE!

Recruitment Registration Deadline: <u>January 15</u> at 3:30 pm

To sign up online visit: https://orgsync.com/54559/ forms/172514

ΘΑΣ

ΚΔΧ

Meet the Greeks Information Sessions:

Tuesday, January 19

1:00 - 2:00PM and 5:00 - 6:00PM

**Both held in Hannon Theater** 

This is your chance to meet members from Theta Alpha Sigma and Kappa Delta Chi.

#### **ELIGIBILITY:**

Full-Time Undergraduate Student

2.5 Cumulative GPA or higher

\*Doheny students must transfer to the Chalon campus for the

Fall 2016 semester

All interested students must <u>sign up online</u> and attend an information session.

FOR MORE INFORMATION CONTACT

WOMEN'S LEADERSHIP AND STUDENT INVOLVEMENT :

Chalon:

Doheny:

Leavey Commons, Ground Floor

Building 11, 2nd floor

(310) 954-4350

(213) 477-2983

leadership@msmu.edu

# CPS Tip of the Week

How to make **SMART** resolutions:

**S**pecific

Narrow it down to reflect exactly what you want to achieve. What,

where, and how often?

Measurable

Decide how you will keep track of progress. Keep yourself accountable.

**A**ttainable

It should challenge you while also being realistic. Anticipate obstacles.

Relevant

It should reflect what is important and worthwhile to you, and be applicable to where you are in your life currently.

Time-bound

Make a timeline that includes when you will start, how much time you may need, and if there is a deadline.



Counseling and Psychological Services Chalon Office, 310.954.4004, Humanities 1st floor Doheny Office, 213.477.2668, McIntyre 1st floor



# **PED CLASS at CHALON:**

Register now during add/drop week before it's too late!

| Olasa        | Dour | T:               |
|--------------|------|------------------|
| Class        | Day  | Time             |
| Ballet       | M    | 5:00-6:30pm      |
| Cardio       | Tu/  | 11:20am-         |
| Dance        | Th   | 12:20pm          |
| Jazz         | M/W  | 7:30pm-8:30pm    |
| Lifeguarding | F    | 1:00-5:00pm      |
|              |      | (6 Fridays only) |
| Yoga         | M/W  | 4:00-5:00pm      |



Weekend Events



**Friday 1/15** 

Saturday 1/16

**Sunday 1/17** 

Come and work out at the Fitness Center to start the new year healthy!!



Come and enjoy

alass, which begins

at 7:00pm!!

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: athenianweekly@msmu.edu

Athenian Promise: I will commit myself to the pursuit of knowledge with personal integrity and academic honesty. (2 out of 6)

Volume 1, Issue No. 2

46

Monday, January 18, 2016

Published by the Student Affairs Office

#### **Driving Safety Awareness**

California law states that all drivers must use hands-free equipment while talking on their cell phone.

- If caught, you will be charged \$20 for the first offense and \$50 for each subsequent offense.
- Be aware that after penalty assessments are weighted in, fines could actually triple.

According to Distraction.gov, 21% of drivers 15-19 years old involved in fatal crashes were distracted by the use of cell phones (NHTSA). Safe driving is smart driving and will increase your chances of getting to your destination safely.

If you witness unsafe driving, report it to local law enforcement or if you witness unsafe driving on Campus, report it to Campus Security. If you want to remain anonymous visit Campus Security on the portal page and click on If You See Something, Say Something.

You could just be saving a life.



fety Tips are brought to you by the Dept. of Campus Security. Stay Informed, Stay Alive.



# Weeks To Connect

5 weeks, 15 activilies, 15 prizes

Step One:

Follow us @msmu\_spcs on Instagram & @MSMUStudentPrograming on Facebook!

Step Two:

Complete the activity of the week!

Step Three:

Instagram a photo of you completing the activity with #SPCS Iwannawin (Be sure to have your Profile Public)

### JANUARY

Week 2- 1/18: Take a Picture hanging out in the Student Lounge Week 3- 1/25: Take a Selfie with the Statue of Mary in the Circle

Sponsored by Student Programming and Commuter Services. H200A. 310.954.4120. Studentprograming@msmu.edu

# Mount in the City Presents...



CIRQUE DU SOLEIL - KURIOS

Friday, January 22, 2016 at 5:10PM

RSVP AT H200A

Please bring your current MSMU student ID & a \$10 non-refundable deposit









STEM's Speaker Series: Dr. Laura Guadiana



# Are you interested in becoming a Physician? Tuesday, January 19th

Join us to hear about Dr. Laura Guadiana's journey. Dr. Guadiana received her Bachelor of Science in Biology with a minor in Spanish and attended UC Davis for medical school. Currently, Dr. Guadiana is a Faculty Physician at Long Beach Memorial Family Medicine.

\*\*ALL MAJORS WELCOME\*\*

When:

1:00pm - 2:00pm

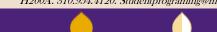
Where:

**Campus** 

Center East



STEM science · technology



















Where: Chalon Campus Center

When: January 28 from 12:00-2:15 p.m.





campusministry@msmu.edu | x4125 (Chalon) | x2672 (Doheny)



### **MERCY TUESDAY** CHOCOLATE CHIP COOKIES!





MAG HOUSE OPEN HOUSE Wednesday, January 19th, 7:30 p.m., Aldworth

Curious about our Christian Living Community? Take a visit to the house, meet the ladies, and see what it's all about!

### SUNDAY MASS & VISITING THE HOMELESS



Sunday, January 17th 5:45 p.m., Pack the meal bags in H105 7 p.m., Meals are blessed at Mass8 p.m., Deliver to our neighbors in Santa Monica



Senior Portraits

<u>Sign up online@www.artistryfoto.com</u>

A credit card is required to secure your session BUT will not be charged untill after your session NO SHOWs will incurr a \$20, fee. If you cancel it must be done 48 hours prior to your session OR



IT'S NOT TOO LATE

We are offering a SECOND CHANCE TO WIN A

FitBit Surge!



Come into Student Health Services throughout the Spring Semester for services featured in the to receive an entry!



### GOOD LUCK!

All current entries will be kept and will be eligible for a second drawing in mid-April.

900 DAY PASEDOR TO HEALTH SEP



Weekend Events



**Friday 1/22** 

Saturday 1/23

**Sunday 1/24** 

Have a sweet tooth? Indulge in some delicious desserts at

ARTISTRYFOTO



Down on Sawtelle Blvd. Hours: 12PM to 11PM







Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: athenianweekly@msmu.edu

Athenian Promise: I will respect the sanctity of the learning environment and avoid disruptive and deceitful behavior toward other members if the college community. (3 out 6)

Volume 1, Issue No. 3

Monday, January 25, 2016

**Published by the Student Affairs Office** 



#### **Driving Safety Awareness**

It's illegal to read, write, or send a text message. The law pertains to all drivers. If caught, you will be charged \$20 for the 1st offense \$50 for each subsequent offense. Be aware that fines can triple. The Uniform Bail and Penalty Schedule states the addition of penalty assessments charges is \$76 1st offense & a \$190 2nd offense. Insurance Institute for Highway Safety states texting and driving kills 11 teens everyday. Be responsible. Safe driving is smart. It increases your chances to get to your destination safely. Report bad driving. If you want to be anonymous visit Campus Security on the portal & click If You See Something, Say Something.

Brought to you by Campus Security. Stay Informed, Stay Alive

**DINE-N-CHAT Presents:** 

Dr. Aloha Buenaventura

PSYCHOLOGY \*\*

YOU DON'T WANT THEM RESPONDING TO YOUR TEXT.







Career Services & Internships



**CHALON CAMPUS** 

January 25, 2016

6:00-8:00 PM

**Campus Center** 

**DOHENY CAMPUS** 

February 1, 2016

4:30-6:30 PM

Donohue Center





Attend for a special conversation with Dr. Aloha Buenaventura about her educational career, psychotherapist experiences, and journey to the Mount.

**LUNCH WILL BE PROVIDED!** 

DATE: Thursday, JANUARY 28th, 2016

TIME: 2:00 PM

LOCATION: Campus Center Plaza

Sign up in H200A

#### Week One: What is Civility?



"Incivility" is typically defined in behavioral terms, referring to commonplace actions and interactions that are perceived as rude, inconsiderate, or disruptive. Accordingly, "civility" indicates the sort of respectful, polite behavior deemed essential to the orderly functioning of modern society. (adapted from UC Davis)

Civility is about more than just politeness, although politeness is a necessary first step. It is about disagreeing without disrespect, seeking common ground as a starting point for dialogue about differences, listening past one's preconceptions, and teaching others to do the same. Civility is the hard work of staying present even with those with whom we have deep-rooted and fierce disagreements. It is political in the sense that it is a necessary prerequisite for civic action. But it is political, too, in the sense that it is about negotiating interpersonal power such that everyone's voice is heard, and nobody's is ignored. And civility begins with us. (from Institute for Civility in the Government)

Think Civility Tips are brought to you by The Mount Civility Project.

# **Nursing Panels Spring 2016**

Discover what you need to be a successful candidate and learn what the following hospitals have to offer! There will be a panel discussion at each campus, followed by Q&A, and an opportunity to connect individually with the following:

#### CHALON:

Army Nurse Program City of Hope COPE Health Solutions\* Kaiser Permanente Navy Nursing Providence Consortium\*\* UCLA Health System **USC** University Hospital Valley Presbyterian

#### **DOHENY:**

Army Nurse Program **Navy Nursing** Pacific Alliance Medical Center Providence Consortium \*\* St. Francis Medical Center PrepStep-RN **USC** University Hospital

#### ·COPE Health Solutions Includes:

Glendale Adventist, Simi Valley, White Memorial

#### \*\*Providence Consortium includes:

Tarzana, Holy Cross, Saint Joseph's, Saint John's, Little Company of Mary

Bring 5-10 copies of your resume and dress professionally For more information, visit the Career Services & Internships' Portal Page















#### **CPS TIPS OF THR WEEK How To Make Smart Resolutions**

S Specific

Narrow it down, what do you want to achieve? Not specific: "Get healthier" or "Exercise more.

Specific: "To decrease stress and improve health by walking."

M Measurable

Decide how to keep track of your progress, work

towards achieving your goal.

Not Measurable: "I will walk often."

Measurable: "I will walk for at least 30 minutes, 5 times a week.

A Attainable

Make sure your goal is reasonable. You want it to challenge you while not being too extreme. Not Attainable: "I will walk 6 miles in 30 minutes.

Attainable: "I will walk at least 1.5 miles in 30 minutes.'

R Relevant

It should reflect what is important and worthwhile to you, and be applicable to where you are in your life currently.

Not Relevant: "I really don't think walking will help me.

Relevant: "I value exercise and there are walking trails nearby.'

T Time-bound

Make a timeline that includes when you will start, how much time you may need, and if there is a deadline.

Not Time-bound: "I might start next month if I feel like it.

Time-bound: "I will start tomorrow and end in one month.'



Counseling and Psychological Services Chalon Office, 310,954,4004, Humanities 1st floor Doheny Office, 213.477.2668, McIntyre 1st floor at MSMU.CPS



What is SGA working on? What has SGA accomplished? How do SGA decisions benefit me?



Join us at our Weekly Meetings!

**DATE: Every Thursday** 

TIME: 1:00pm-2:00pm

**LOCATION: Hannon Parlor** 

### ACADEMIC ADVISEMENT

Phone: (310) 954-4070 • Room: H401 Email: advisement@msmu.edu

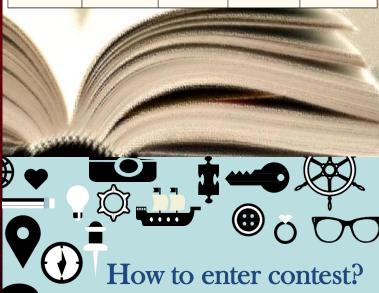
Visit us on the Mount Saint Mary's University Portal!

just log onto MyMSMU and click on

Academic Advisement under the Academics tab

Chalon Advisement Spring 2016 DROP- IN HOURS:

| MONDAY          | TUESDAY         | WEDNESDAY       | THURSDAY        | FRIDAY          |
|-----------------|-----------------|-----------------|-----------------|-----------------|
| 10:00am-11:00am | 10:00am-11:00am | 10:00am-11:00am | 10:00am-11:00am | 10:00am-11:00am |
| 1:00pm-2:00pm   | 1:00pm-2:00pm   | 1:00pm-2:00pm   | 1:00pm-2:00pm   | 1:00pm-2:00pm   |

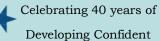


**Step 1:** Tell us how you lead in a creative way.

Step 2: Post on Instagram using #howdoyoulead.

Step 3: Follow @MSMULeadership on Instagram.





Developing Confident Leaders

Enter to WIN! Winners will be announced on 1/29

Women's Leadership & Student Involvement



campusministry@msmu.edu || x4125 (Chalon) | x2672 (Doheny)

**CAMPUS MINISTRY** 

# IERCY MONDAY **OLATE CHIP COOKIES!**

Monday, January 25th, 2 p.m., H105 Enjoy freshly-baked cookies and take a care pack with you to share with anyone in need whom you encounter.

### MAG HOUSE MASS

Thursday, January 28th, 7:30 p.m., Aldworth curious about our Christian Living Community? Join the ladies of Mag House for Mass in the living room! All are welcome!

# SUNDAY MASS & VISITING THE HOMELESS

Sunday, January 31st 5:45 p.m., Pack the meal bags in H105 7 p.m., Meals are blessed at Mass 8:15 p.m., Deliver to our neighbors in Santa Monica

Friday, March 18th

A \$13 fee must be paid at the Business Office

eed a Ride from Sunset?

Ride with The Mount Local

ID & transit receipt must ted to board the shuttle.

Pickup: Saltair & Sunset

7:00am

7:30am

8:30am

Depart Chalon: Sunset & Bundy

12:00pm

3:00pm

5:00pm

### Commuter Welcome Social

Where: Admin Lawn 1

When: Wednesday January 27, 2016

Time: 12 to 1:30 psm

Come out for a fun afternoon with churros, delicious lemonade, and a great game to connect with other

commuter students!



# Horoscopes

**January 20-February 19 Aquarius** 

Astrological symbol: Water bearer. It suggests freshness, rejuvenations progress and responsibility

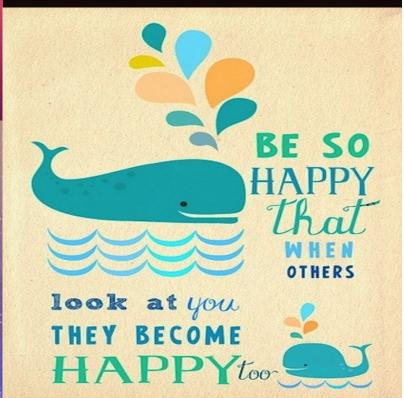
Opposite sign: Leo

Element Air: This element makes things heat up with fire, it evaporates water and feels suffocated in combination with earth. Air signs born Jan 20 are versatile and creative intellectuals.

Lucky Day: Tuesday

Lucky Numbers: 5, 9, 16, 17, 23







# Weekend Events



**Friday 1/29** 

Saturday 1/30

Sunday 1/31

The Broad

LA's Contemporary Art Museum

Downtown L

LOOKING FOR SOMETHING SWEET?

MILLIONS OF MILKSHAKES

8910 Santa Monica Blvd, West Hollywood, Open Daily: 12:00 pm - 2:00 am

Come Join the Mount Community SUNDAY MASS MARY CHAPEL

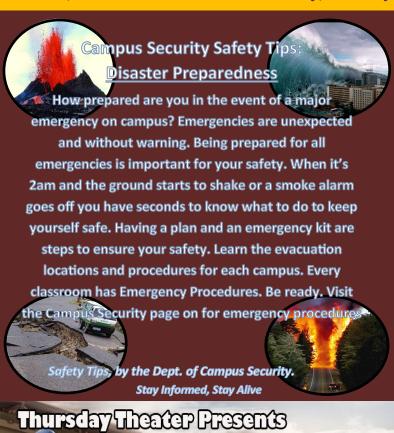
Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 PM for the next week's issue. E-mail: athenianweekly@msmu.edu

Athenian Promise: I will support a culture of diversity by respecting the rights of those who differ from me. (4 out of 6)

Volume 1, Issue No. 4

Monday, February 1, 2016

**Published by the Student Affairs Office** 



Love is in the air this month and Counseling & Psychological Services wants you to fall in love...with YOURSELF!

To increase self-love, pick up a copy of the complete "February Self-Love Challenge" in front of the CPS office. One of this week's Self-Love Challenges was:

Day 4. Write down one thing that you need to forgive yourself for- and "Forgive yourself

for not knowing what you díd not know before you learned it."



Counseling and Psychological Services Chalon Office, 310.954.4004, Humanities 1st floor Doheny Office, 213.477.2668, McIntyre 1st floor at MSMU.CPS



0 6

# Commuter Mentor **Program**

# Help students become unstoppable!

It is simple and fun to become a mentor and get involved!

#### Requirements:

- A cumulative GPA of 2.5 or higher Must be willing to commit to the
- position for the entire academic school year.
- Enrolled as a full-time student.

#### Benefits:

- Connect with other commuter students.
- Meet new people.
- Get involved on campus.
- Learn lessons in citizenship through work with the community.

**INFORMATION SESSIONS** 

Tuesday, February 2

THE TRUE STORY OF AN AMERICAN LEGEND

APRIL 12

g & Commuter Services. H200A. (310) 954- 4120. StudentProgramming@msmu.edu

February 4, 2016

Student Lounge

12:30pm- 2:30pm

4:30pm- 6:30pm



















Volume 1, Issue No. 4 Page 2





### **#howdoyoulead Social Media Contest**

Women's Leadership and Student Involvement is celebrating **40 years** of developing confident and conscientious leaders

#### February 2nd from 2:30-3pm

@Doheny: Ahmanson Patio@Chalon: Location TBD

#### February 3rd from 11-11:30am

@Doheny: Ahmanson Patio@Chalon: Location TBD

### Winners will be announced on 2/5

Don't have Instagram? Stop by our tables tell us #howdoyoulead in a photo and we will take care of the rest



# 15 Weeks To Connect 15 weeks 15 activities 15 prizes

Step One:

Follow us @msmu\_spcs on Instagram & @MSMUStudentPrograming on Facebook!

Step Two:

Complete the activity of the week!

Step Three:

Instagram a photo of you completing the activity with #SPCS Iwannawin (Be sure to have your Profile Public)

#### **FEBRUARY**

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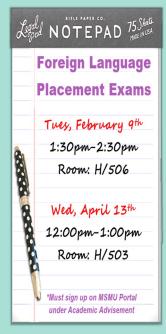
Week 4— 2/1: Take a Selfie of how you stay fit or workout

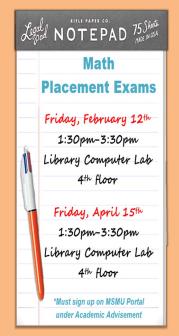
Week 5—2/8: Take a Picture at the Mardi Gras Celebration on Tuesday

Week 6–2/15: Take a Picture at the Variety Show on Saturday

Week 7—2/22: Take a Picture at Mount Community Night on Thursday

Sponsored by Student Programming and Commuter Services. H200A. 310.954.4120. Studentprograming@msmu.edu





What does Civility look like?

Interpersonal: Neglecting to say "Thank You" when someone does something for you (like opening the door).

Cyber Incivility: Uncivil behavior exhibited in computer interaction and other social media (including sending blunt or tense e-mails, etc.)

Victimless: Rude behavior that dos not immediately impact anther person (not refilling coffee/printer, littering, not asking to borrow something, not cleaning after yourself, etc.)

> Think Civility Tips are brought to you by The Mount Civility Project.

SUPER BOWL 🌌 🖁







0		L	K	J	K	J	G	S	R	E	Y	A	L	P
	Y	A	-1	Y	-1	G	н	U	F	S	A	K	C	E
S	S	N	C	K	G	Н	J	0	J	G	J	L	Z	R
Т	N	0	K	U	M	K	0		G	н	U	E	S	F
E	A		0	1	E	T	K	G	н	J	K	A	G	0
K	F	T	F	L	В		U	A	K	Y	- 1	G	н	R
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	C	N	L	P	W	F	L	0	1	U	E	E	Y	E
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1. SUPER

5. LEAGUE

9 TV

13. PREGAME

2. BOWL 3. NATIONAL 6. GAME 7. TEAMS 10. COMMERCIALS 11. HALFTIME

14. FANS 15. TICKETS

4. FOOTBALL

8. PLAYERS

12. PERFORMERS

16. KICKOFF









Terms & Conditions: Offer expires 4/30/16 for Enterprise CarShare University programs only. Offer includes \$1 application fee and waived first-year membership fee. \$5 rates valid 7 days a week on all Nissan vehicles through 4/30/16. Offer cannot be transferred, applied to previous rentals or balances owed or other fees, charges and has no actual cash value or surrender value. Must meet Enterprise CarShare membership qualifications. Offer cannot be combined with any other offers, promotions or discounts. Taxes, fees, and other restrictions may apply. New applicants only. Enterprise CarShare and the 'e' logo are registered trademarks of Enterprise Holdings, Inc. All other trademarks are the property of their respective owners.

> Mount 🎁 Saint Mary's University Transportation

©2016 Enterprise CarShare

EnterpriseCarShare.com/msmu

Expires: 4/30/16

ROOM SELECTION INFORMATION

Current residents, are you interested in

KEEPING THE SAME

ROOM for next year? If yes, please make sure to do the following steps by the deadline:

Step 1: You must be a current Chalon or Doheny resident

Step 2: Log into the Portal and go to the Residence Life Portal Page (make sure you are logged in under your own Account) Step 3: Submit your Retain My Room Request through OrgSync.

- ⇒ If you retain your room, it is considered a binding agreement and you cannot participate in the "New Room" process.
- ⇒ Doheny residents who are transferring to Chalon cannot retain their Doheny room.
- ⇒ Casa and Rossiter 1st at Chalon and Building 7, 3rd floor at Doheny will continue to be male housing.
- ⇒ Other residents who are not able to retain their rooms will receive an email stating that they cannot retain their rooms.

FORMS ARE AVAILABLE ON ORGSYNC **AND ARE DUE** FRIDAY FEBRUARY 5, 2016 @ 4:30PM

Questions? Contact the Residence Life Office (Chalon: Brady 101, x4325 or Doheny: Hannon 123, x2661)

BULLET JOURNAL

A Fun and Fully Customizable New Way to Get Organized with Dr. Daily

Tuesday: February 2,2016 Library 203 Sign Up on the Learning Assistance Portal Page Under "Admissions"





The deadline to

from a class with a grade of "W" is:

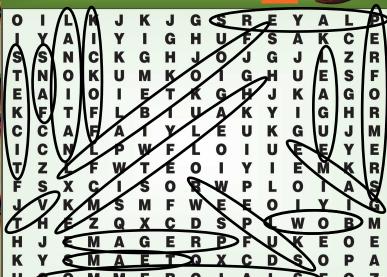
Friday, March 18, 2016

A \$13 fee must be paid at the Business Office

SUPER BOWL WORD SEARCH









Weekend Events



Friday 2/05

PRIDE + PREJUDICE + 79MBIES



Take the Santa Monica Stop-Trans to the AMC theater to watch Pride & Prejudice & Zombies

Saturday 2/06

Take your taste buds on a journey to the TASTE of Night Market!

6PM to 11PM

@ The Barker Hanger Santa Monica



Sunday 02/07

Frank Gehry at LACMA 10:00 a.m. - 7:00 p.m.

Every Saturday & Sunday
Until March 20

Admission \$15

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due **every Wednesday at 12:00 PM** for the next week's issue. E-mail: athenianweekly@msmu.edu

Athenian Promise: I will contribute to the development of a caring community where compassion for others and freedom of thought and expression are valued. (5 out of 6)

Volume 1. Issue No. 5

Monday, February 8, 2016

Published by the Student Affairs Office

What's in your emergency disaster kit?

Supplies you have should be able to get through at least 3-5days. If a disaster like an earthquake occurs you may need to stay in the same location for a few days until emergency services arrive. Get Batteries!

Ready.gov recommends these following item:

- Food: A three day supply, non-perishable
- Battery-powered, hand crank radio, Weather Radio w/
- Flashlight
- First aid kit
- Whistle
- Dust mask to filter contaminated air, plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags, plastic ties for sanitation, wrench or pliers to turn off utilities
- Manual can opener for food
- Local maps
- Cell phone with chargers, inverter, solar charger

For more information visit Campus Security's Portal page. You will find helpful resources dedicated to providing emergency information.

You can also find a 10% online coupon code for SOS emergency products.

CPS TIP of the Week

Love is in the air this month and Counseling & Psychological Services wants you to fall in love....

with YOURSELF!

To increase your self-love, pick up a copy of the complete Think happy "February Self-Love Challenge" thoughts in front of the CPS office.

One of this week's Self-Love Challenges was:

Day 7: Write about what makes you truly happy.



Counseling and Psychological Services Chalon Office, 310.954.4004, Humanities 1st floor Doheny Office, 213.477.2668, McIntyre 1st floor at MSMU.CPS



February is... National Heart Month

BE MINE FOR LONGER!

GET MOVING



EAT WELL

MAINTAIN HEALTHY WEIGHT



STOP SMOKING

GET A CHECK UP



PART OF THE PASSP(**)RT

Schedule an appointment to "KNOW YOUR NUMBERS" For vital signs, height, weight and body mass index in Student Health Services

For more information contact Student Health Services at 310.954.4110 or 213.477.2685

DON'T MISS THIS OPPORTUNITY TO WIN A FitBit Surge!

All previous raffle entries will be kept will be eligible for a



Chalon Student Activities Council Presents

Hannon Theater | FEB 25, 2016 | 6:30 PM

Poetry

Dance

Song

Talent

@ChalonSAC

















Thursday Theater Presents:



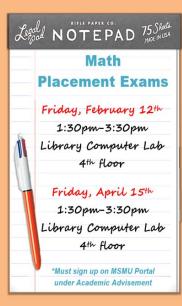
February 11, 2016 Student Lounge 12:30pm- 2:30pm 4:30pm-6:30pm

Sponsored Student Programming & Commuter Services. H200A. (310) 954- 4120. StudentProgramming@msmu.edu

Mardi Gras

Student Programming & Commuter Services and Campus Ministry invite you to join in the Lenten celebration with crafts, food, and live music!

When: February 9 Where: The Circle Time: 1:00 pm - 2:30pm





Mount Saint Mary's University || African American Council of Women

The Core of the African American Woman

3rd Annual Variety Show



2PM-6PM || Chalon Campus Center

\$12 at the door || \$10 pre-sale

PRESALE ENDS FRI. 2/12

Ticket Booth Sales:

Mon, Feb 1: 12-2

Mon, Feb 8: 12-2

Job Fair Prep & Resume Workshop

THIS WORKSHOP WILL PREPARE YOU TO:

- Make your resume stand out
- Dress in professional attire
- Get your elevator pitch ready
- Follow up with employers



February 16th 1-2pm

Chalon Campus

Humanities Room 403









MSMUHireAthenians | MSMU_CareerServices



Mount Saint Mary's University: Students & Alumnae | MountCareerNetwork.com

MSMU STUDY AWAY INFO SESSIONS

WEDNESDAY
Feb. 10 Doheny Bldg 4, 206
10:30-11:30am

THURSDAY Feb. 11 Chalon H402 1-2pm



Gabby Ybiernas MSMU Study Away Ambassador Costa Rica, CEA



Kim Johnson AIFS Alumni Ambassador Granada, Spain AIFS



Vanessa Alvarado Newcastle, Australia ISA

Questions? Email studyabroad@msmu.edu and Follow us @msmu studyaway



Light lunch and Student Panel featuring

Barcelona, Spain AIFS



Rebeka Garcia Granada, Spain AIFS





YOU ARE THE FUTURE OF SGA!



Want to make a difference on campus?



Want to represent your fellow Athenians?



Want to increase your leadership skills?

APPLY TODAY ON ORGSYNC

https://orgsync.com/52392/forms/183207

2016-2017

SGA Executive Board & Senator Positions NOW OPEN!



#futureofsga

Healthy Relationships

When in doubt, talk it out!

WEDNESDAY, February 17th, 5:30pm - 6:30pm Humanities, Room 302

Learn to communicate your needs!

Enter a raffle to win a \$25 gift card!





Co-Hosted by...

Counseling and Psychological Services & The Psychology Club

CPS Contact Info: 310-954-4114

How Your Professor Grades Your Paper:

The Inside Scoop with Paul Martin

Tuesday: February 9, 2016 Library 203 1-2PM

"Make me see." - Charles Dickens

Celebrate Lunar New Year!

Residents, come join some of your fellow Athenians to celebrate Lunar New Year!

Learn some of the traditions while enjoying some yummy food & making crafts.

Date: Monday February 8, 2016

Time: 6pm-7pm7

Location: Brady 1st Lounge

Sponsored by:
Emma (Rossiter 3rd RA) x2048,
Ilse (Brady 2rd RA) x2109,
Erika (Community Programmer x4325,
Melissa (Community Programmer) x4325

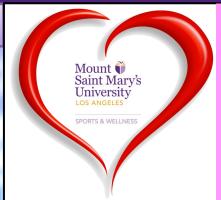
GROUP

FREE 50-minute exercise sessions for all skill levels! All MSMU Faculty, Staff, and Students are welcome!

1	Monday's	Tuesday's	Wednesday's	Thursday's
0I	Circuit	Yoga	Zumba	Cycling*
al	Training	TBA	Gabby	Diana
h	Angela	5-5:50pm	3-3:50pm	5-5:50pm
$\overline{\Box}$	5:30-6:20pm	DH309	DH309	DH309
(Tennis Court			

*Cycling spaces are limited to 12. Call the Fitness Center at (310) 954-4345 the day of the class to reserve your bike!

y	Tuesday's	Wednesday's
en	Hip Hop	Circuit
h	a sta	Training
00	Kassy	Brandon
I	4:30-5:20pm	12-12:50pm



Your Body



Love Your Body

Body Awareness Week

2/8-2/11

Tabling Mon. & Wed. 12PM-2PM

Keep Calm

And

Love Your

Body!

AFRICAN AMERICAN **COUNCIL OF WOMEN** & THE LEARNING CENTER



2 2 ZZ 1Z 02

PRESENTS MALCOM X

Monday, Feb. 8th, 2016 | 5:30-8:30 pm @ Campus Center East

MPUS MINISTRY

stry@msmu.edu | x4125 (Chalon) | x2672 (Doheny)

#MERCYMONDAY

CHOCOLATE CHIP COOKIES!

Monday, February 8th, 2 p.m., H105

Enjoy freshly-baked cookies and take a care pack with you to share with anyone in need whom you encounter.

MARDI GRAS

Tuesday, February 9th, 1 p.m., The Circle Come celebrate Mardi Gras with your friends and Campus Ministers! Treats, crafts, music, and so much more!

ASH WEDNESDAY

Wednesday, February 10th, Mary Chapel 8 a.m., Prayer Service 12:05 p.m., Mass 7:30 p.m., Prayer Service





Weekend Events



Friday 02/12



Saturday 02/13



Sunday 02/14



Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 PM for the next week's issue. E-mail: athenianweekly@msmu.edu



Athenian Promise: I will honor, challenge and contribute to the scholarly heritage left by those who preceded me and work to leave this a better place for those who follow. (6 out of 6)

Volume 1, Issue No. 6

Monday, February 15, 2016

Published by the Student Affairs Office

The San Andreas fault system is more than 1300 km (800 miles) long, and in some spots is as much as 16 km (10 miles) deep.

Earthquake

Facts

Visit Campus Security's portal page, for a 10% discount code for Emergency Supplies

The hypocenter of an earthquake is where the earth's surface rupture of the fault begins.



Aftershocks with magnitudes ranging from 3 to 5 are expected to be relatively common over the days or even months following an earthquake.

The percentage of a stronger quake after a large quake is 5% - 10% over seven days following a quake.

The epicenter is directly above the hypocenter on the surface of the earth.

Enter the Student Health 101's **#ShareTheHealth** video contest!

We are looking for outgoing, enthusiastic students or student groups that are interested in filming entertaining and informative videos for Student Health 101.

FOR CONTEST RULES AND INFORMATION VISIT: www.studenthealth101.com/videocontest.html

THE DEADLINE TO SUBMIT YOUR VIDEO IS Saturday, February 20, 2016

For more information contact the Student Health Services office at:

Chalon 310.954.4110 or Doheny 213.477.2685

PRIZES



2nd Place \$300

3rd Place \$100

Brought to you by Campus Security





is in the air this month and Counseling & Psychological Services wants you to fall in love.....with YOURSELF!

To increase your self-love, pick up a copy of the complete "February Self-Love Challenge" in front of the CPS office. One of this week's Self-Love Challenges was:

> Day 16: Write a note to yourself that explains why you are

FABULOUS!



Counseling and Psychological Services Chalon Office, 310.954.4004, Humanities 1st floor Doheny Office, 213.477.2668, McIntyre 1st floor at MSMU.CPS





Dance

Talent

Poetry

Song

For questions or concerns email chalonsac@msmu.edu























Join us for some fun games and driving tips!

Safe Driving Tips





When: February 24, 2016

Where: Administration Lawn

Time: 12:00 p.m.-1:30 p.m.

For more information SPCS is Located in H200A

Phone: 310.954.4120

Studentprogramming@msmu.edu

Brought to you by Student Programming & Commuter Services

Mount Saint Mary's University

2016-2017

STUDENT

HANDBOOK

COVER

CONTEST



APPLICATIONS AVAILABLE ONLINE

https://welcome.msmu.edu/ student-life/studentprogramming/Pages/ CoverContest.aspx

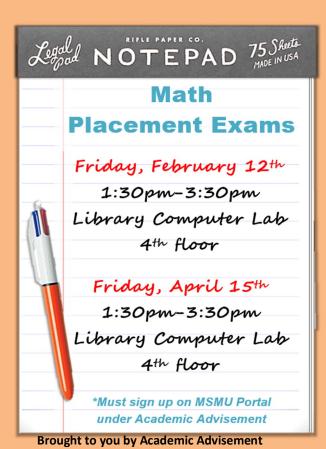
SUBMIT DESIGN
BY MARCH 8

LEAVE YOUR
LEGACY AT THE
MOUNT

WIN \$100



Brought to you by Academic Advisement Located: H401 Questions? Call: 310.954.4070



Located: H401 Questions? Call: 310.954.4070

CAMPUS MINISTRY

#MERCYTUESDAY

CHOCOLATE CHIP COOKIES!

Tuesday, February 16th, 2 p.m., H105

Enjoy freshly-baked cookies and take a care pack with you to share with anyone in need whom you encounter.

MAGNIFICAT HOUSE MASS

Tuesday, February 16th, 7:30 p.m., Aldworth Residence Hall

Celebrate Mass with the residents of Aldworth dorm in th Magnificat House living room! All are welcome!



CONTINUE THE LENTEN JOURNEY

Wednesday, February 17th, 1 p.m., Admin Lawn

Visit our table to learn more about how you can continue your Lenten Journey – Rice Bowls, Lenten Calendars, and more!

Sponsored by Campus Ministry. For any questions contact campusministry@msmu.edu

|Chalon (310) 954-4125 | Doheny (213) 477-2672|

5 Ways to Promoting Civility & Respect

- 1. Model the behavior you would like to see from others. Do unto others as you would have them do unto you.
- 2. Do not let you silence condone disrespectful behavior, yet consider carefully when and where to speak up.
- 3. Without giving up your own convictions, accept that disagreement will exist.
- 4. Do not take your stress out on others. Use the counseling resources in stead.
- 5. Be a respectful listene

Think civility tips are brought to you by the Mount Civility Project

For more information contact Leslie Robles at (213) 477-2824



CALL STUDENTS WELCOME

TOWN HALL MEETING



Dear Athenians,

Thursday, February 18 12:15 p.m. – 1:00 p.m. Donohue Center (Doheny Campus)

The Doheny Shuttle Stop was recently re-located to the AAA parking lot. Many students have voiced their concerns and SGA is currently working to find a solution to this issue. We want to hear from you! Please join us at the Town Hall to voice your concerns and get answers. You can also fill out the survey found at:

https://orgsync.com/54082/forms/184345 or call: 310.954.4350



ADVISEMENT PERIOD SPRING 2016

February 16th- March 11th

Please be sure to mark your calendars!

Who is my Advisor?

Students are primarily assigned departmental **faculty advisors**. Pre-Nursing and Undeclared students are assigned advisors in **Academic Advisement**.

Check your Web Advisor, Student Profile section for your advisor assignment!

Don't forget to make an appointment with your advisor! You **must** have an advisement appointment in order to register for your **Fall 2016** classes.

Brought to you by Academic Advisement Located: H401

310.954.4070



Join now for only \$1!

\$5/hour rates

Visit EnterpriseCarShare.com/msmu



For more information, contact
Transportation and Parking at 310-954-4044

THURDAY THEATER PRESENTS:

the social network

Date: February 18, 2016

Location: Student Lounge

Showing #1 12:30 p.m. — 2:30 p.m. Showing #2 4:30 p.m. – 6:30 p.m.

Sponsored by Student Programming and Commuter Services. <u>H200A.</u> 310.954.4120. Studentprograming@msmu.edu

HELLO MY NAME IS

Residence Hall

Interested in switching rooms for the 2016-2017 year?

Step #1:

You must be a curren Chalon or Doheny Student.

Step #2

Check the Residence Life Room Selection Portal Page for a floor chart of rooms.

Step #3

Submit the "New Room Request" Form through Orgsync.

FORMS MUST BE SUBMITTED BY THE DEADLINE. NO EXCEPTIONS.

Any **Doheny residents** who are eligible to transfer to Chalon must complete the "New Room" form.

February 16 at 12 p.m.

 If you are currently a Chalon student living at the Doheny campus, you must participate in the New Room Selection Process. Deadline: February 26 at 4:30 p.m.

\$15 S/M/L/XL

\$16 2XL

\$17 3XL

Form available:

Questions? Contact the Residence Life Office Chalon: Brady 101, (310) 954-4325 Doheny: Hannon 123, (213) 477 2661



Help support ADthenians as we go up against UCLA, USC, UCSD, Cal Poly, Chapman University, and more in the National Student Advertising Competition!

ADthenians

PRICES:

T-shirt Orders will be completed by March 1st Contact (310) 494-3120

Sponsored by Student Programming & Commuter Services.

Weekend Events

Friday 2/19

Saturday 2/20

Sunday 2/21



Take a breather at the Palisades Park
overlooking Santa Monica Beach

Enjoy Sunday Mass with the Mount Community at 7p.m.

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 p.m. for the next week's issue.

E-mail: athenianweekly@msmu.edu





Athenian Promise: I will embrace the concept of a civil community which does not tolerate violence, theft, bigotry, or harassment of others in any form. (1 out of 6)

Volume 1, Issue No. 7

Monday, February 22, 2016

Published by the Student Affairs Office

Campus Security Announcement: ID Requirement



Mount 🎁 Saint Mary's University LOS ANGELE

MSMU Student

ID #: 0000001

The MSMU ID card is necessary for:

- **Food Services**
- **Health Services**
- Library
- **Fitness Center**
- **Business Office**
- **Campus Sponsored Events**
- Residence Desk
- Mail Room
- Shuttles
- **Security Purposes**

For MSMU ID card replacements, visit the Food Services office. ID replacements cost \$12 or

Please note all students are required to carry their MSMU ID at all times.

\$15 with a new picture!



STOP SMOKING GET A CHECK UP

February is... National Heart Month

FOR LONGER!

GET MOVING

MAINTAIN HEALTHY WEIGHT

PASSP(**)RT

DON'T MISS THIS OPPORTUNITY TO WIN A FitBit Surge!

All previous raffle entries will be kept and be eligible for a second drawing in mid-April.

Schedule an appointment to "KNOW YOUR NUMBERS" For vital signs, height, weight and body mass index in Student Health Services

For more information, contact Student Health Services at (310) 954-4110 or (213) 477-2685

4200169420

Safety Tips are brought to you by the Department of Campus Security. Stay Informed, Stay Alive

Clothesline Project Week

Tuesday, March 8, 2016 - Thursday, March 10, 2016

<u>Chalon and Doheny</u>

The MSMU LA Clothesline Project is designed to provide empowerment, support,

is designed to provide empowerment, support, education and a healing tool for survivors of all types of violence.

Upcoming Events during Clothesline Project Week:

- Take Back the Night
- Screenings of The Hunting Ground
- Self-Defense classes
- **Donation Drive for Alexandria House**
- Instagram pledges and more!



For more information, contact Dr. Christine Catipon at CPS (310) 954-4114 or (213) 477-2806

www.clotheslineproject.org

STUDENT HANDBOOK COVER CONTEST

Mount 🎁 Saint Mary's University

BE MINE

EAT WELL

LOS ANGELES

2016-2017

WIN \$100



APPLICATIONS

AVAILABLE ONLINE

https://welcome.msmu.edu/ student-life/studentprogramming/Pages/ CoverContest.aspx

SUBMIT DESIGN

BY MARCH 8

LEAVE YOUR LEGACY AT THE MOUNT



E-mail: studentprogramming@msmu.edu

Phone: (310) 954-4120





























STEM Presents: Pre-Health Panel

Are you interested in pursuing a career in the Pre-Health fields?



Join us at our Pre-Health panel as former MSMU students share their experience:



- Leslie Rabena, second year
 Doctor of Optometry candidate at SCCO
- 2. **Jennifer Perdomo**, medical student candidate for Fall 2016
- 3. **Robin Watanabe**, B.S. in Dental Hygiene from USC Ostrow School of Dentistry



When: Tuesday, February 23, 2016

Time: 1:00 p.m. - 2:00 p.m.

Where: Hannon Parlor

ALL MAJORS WELCOME

Lemonade &

Safe Driving Tips

Join us for some fun games and driving tips!

When: Wednesday, February 24, 2016

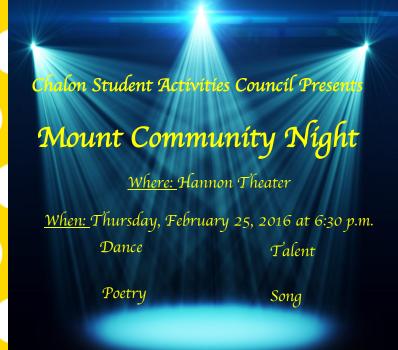
Where: Administration Lawn

Time: 12:00 p.m. — 1:30 p.m.





Sponsored by Student Programming & Commuter Services



For any questions, email: <u>chalonsac@msmu.edu</u>

Volume 1, Issue No. 7 Page 3

Week Five:



Ways to Promoting Civility and Respe

- Conflict can be healthy if expressed appropriately. Make sure it's a
 discussion about the ideas or the behaviors, not about the
 person... You can say "I don't support or like (description of the
 behavior)" so the comment is not about the individual.
- Remember that you are not always right and others are not always wrong.
- Whatever view you feel strongly about, another may feel just as strongly against... and that's okay. Although high emotion is not necessarily the mark of incivility, remember that it may cause a conversation to escalate in unproductive ways.
- Tone of voice matters.
- Work collaboratively with your class, colleagues and friends to define and apply respectful behaviors.

Think Civility Tips are brought to you by
The Mount Civility Project.

For Questions Contact Student Affairs Office at (310) 954-4130

KAPPA DELTA CHI DURRO'S

Date: Tuesday, February 23, 2016 & Wednesday, February 24, 2016

Time: 11:30 a.m. - 2:00 p.m.

Where: Circle



Throwback Thursdays with Yearbook!



Send Yearbook your

Email StudentProgramming@msmu.edu

Summer 2015 pictures

- 1. Name
- 2. Current Year Standing

You could be featured in this year's yearbook!

3. Short Description of what you are doing

CAPTAIN HOOK

CLAYTON

DIABLO

EDGAR

MEDUSAWANAGROMUSRR
TNJJTGNOTSAGKOFAEZ
UUARARARTHMDOTRJPF
TLSHAKZAIMWLOHOEPS
FAGFKVVCNAEEHELTOT
MLAAUEPSIPGFNRLSHR

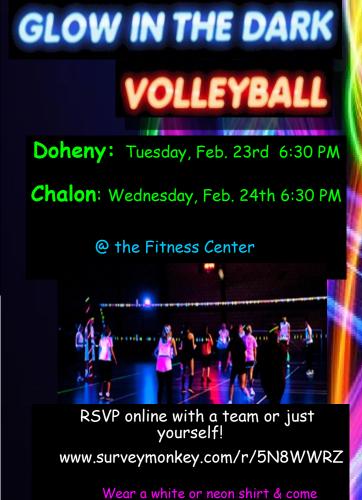
F A G F K V V C N A E E H E L T O T
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LIUYNAHSACIEARVEO

OUBJASPERMADAMMIM

EVIL QUEEN
FACILIER
FLOTSAM
FROLLO
GASTON
HADES
HOPPER
HORACE
IAGO
JAFAR
JASPER
JETSAM
KAA
KING CANDY

LEFOU
MADAM MIM
MALEFICANT
MEDUSA
MORGANA
MOTHER GOTHEL
PAIN
RATCLIFFE
RATTIGAN
SCAR
SHAN YU
SHERE KHAN
SMEE
STROMBOLI
URSULA



for the s'mores, music, and games!

For Questions Contact Sport & Wellness at (310) 954-4345

CAMPUS MINISTRY

LENTEN #MERCYMONDAY **MERCY BAGS & COOKIES!**

Monday, February 22, 2:00 p.m., H105 Enjoy freshly-baked cookies and take a mercy bag with you to share with anyone in need whom you encounter.

MAGNIFICAT

Tuesday, February 23, 8:00 p.m., Aldworth House Come to the Magnificat House and enjoy a meal with the residents of our Christian Living Community. Find out if living here is a good fit for you!

INFORMATION ABOUT MASS!!

Mass will not be celebrated at Chalon on Sunday, February 28.

Visit our neighboring parish, Saint Martin of Tours: Sunday Mass @ 7:30, 9:30, 11:30 a.m. & 5:30 p.m.

campusministry@msmu.edu | x4125 (Chalon) | x2672 (Doheny)

M E D U S A W A N A G R O M U S R R TNJJTGNOTSAGKOFAEZ UUARARARTHMDOTRJPF T L S H A K Z A T M W L O H O E P S FAGEKVVCNAEEHELTOT UECUMLOADNAEFGLL TECLAYTONSCLIIII DQMKINGCANDYCLTCX OILSBDFCLSZSKFCTAF HASEDAHEMZLSKGTAFL YBTNEEUQLIVEDGARGP LIUYNAHSACIEARVEQ

CAPTAIN HOOK CLAYTON DIABLO EDGAR EVIL OUEEN FACILIER FLOTSAM FROLLO GASTON HADES HOPPER HORACE IAGO JAFAR JASPER IETSAM KAA KING CANDY

LEFOU MADAM MIM MALEFICANT MEDUSA MORGANA MOTHER GOTHEL PAIN RATCLIFFE RATTIGAN SCAR SHAN YU SHERE KHAN SMEE STROMBOLI URSULA



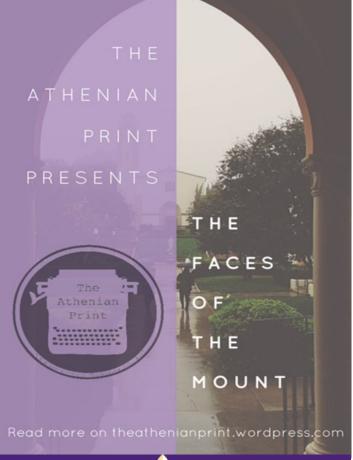
Help support ADthenians as we go up against UCLA, USC, UCSD, Cal Poly, Chapman University, and more in the National Student Advertising Competition!

aimeehern@msmu.edu to inquire about shirts

\$15 S/M/L/XL **PRICES:** \$16 2XL \$17 3XL



T-shirt Orders will be completed by March 1st





Weekend Events



Friday 02/26

Saturday 02/27

Sunday 02/28

Craving some sushi?

Head down to SUGARFISH in Santa Mon



SUGARFISH BY SUSHI NOZAWA

Hours: 11:30 a.m. to 10:00 p.m.

Happy National Strawberry Day!

Celebrate this day by visiting the Santa Monica farmers market and picking out some delicious strawberries!!!



Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 PM for the next week's issue. Submissions in WORD or PUBLISHER should be e-mailed to: athenianweekly@msmu.edu





Athenian Promise: I will commit myself to the pursuit of knowledge with personal integrity and academic honesty. (2 out of 6)

Volume 1, Issue No. 8

Monday, March 7, 2016

Published by the Student Affairs Office



Campus Security Safety Tips **Emergency Alert System**



We encourage you to sign up today for the notification system at Mount Saint Mary's University.

- To register simply go to www.msmu.edu/ealert and create an account
- It's free to sign up and normal texting messaging rates are applied when the notification system is activated
- We advise to add both your cell number and email to your account
- ⇒ If you receive a message on your cell phone or email, please follow the instructions carefully. Once the event or crisis is concluded, an all clear message will be sent

For more information visit Campus Security on the Portal located under Campus Resources or call (310) 954-4123



Friendly reminder from the **Academic Advisement Office**

Please make appointments during advisement period only.

Advisement Dates

Tuesday, February 16 — Friday, March 18



Contact Academic Advisement for more information

Located: Chalon Humanities Room 401 Email: academicadvisement@msmu.edu

Now Accepting Nominations for Faculty & Staff of the Year!

These awards honor full-time faculty and staff members who have made a positive impact on the lives of students at Mount Saint Mary's University.

Last Year's Winners: Faculty: Dr. Sylvine Deprele Staff: Lisa Villa

To nominate a full-time faculty or staff member visit:

https://orgsync.com/54559/forms/185223



Deadline:

Friday, March 18 at 12 p.m.



or e-mail: l*eadership@msmu.edu*

Sponsored by: Women's Leadership and Student Involvement

save the date

Thursday, March 10 to Saturday, March 19

Join the entire Mount Saint Mary's University community in saying thank you to and connecting with our Sisters as we celebrate our charism and patron saint.

Co-Sponsored by:























Volume 1, Issue No. 8 Page 2

MSMU LA Clothesline Project Goal

The Clothesline Project Week happens every year and is designed to provide healing tools, empowerment, support, and education for survivors of all types of violence.

Tuesday, March 8, 2016—Thursday March 10, 2016



Sponsored by The Division of Student Affairs

Donation for ALEXANDRIA HOUSE!

The following is a list of items they need:

- Sanitary Napkins (Regular with Wings)
- **Tampons**
- Body Wash
- Razors
- Q-Tips
- **Cotton Balls**
- Shampoo and Conditioner
- Food Storage Bags (sandwich, snack, quart and gallon sizes)
- Liquid Hand Soap Refill
- Kids Wipes (Flushable)
- Laundry detergent
- Toilet paper
- Paper Towels
- Garbage Bags (13 gallons)



When: Tuesday, March 8, 2016 - Thursday, March 10, 2016

Time: 10 a.m. - 3 p.m.

Where: The Circle at Chalon or The Ahmanson at Doheny

Donation boxes will be available at all Clothesline events!

For more information call: (310) 954-4114

Sponsored by Counseling & Psychological Services

CPS Tips of The Week

Tips to Help You Protect YOURSELF from Violence:

Trust Your Gut

If a situation, person, or anything doesn't feel right to you, leave immediately and seek safety and people you trust. If you get a bad feeling about a location or a person, *leave*. Trust yourself!

Stick With Friends

Attend parties with a group of friends you trust. Look out for each other! If you do go to an event alone, always tell someone where you are going. Always avoid walking in unlit or isolated parts of the city or on campus. Remember friends always stick together!

Set Clear Limits

Set very clear limits, communicate your limits with your partner, and stick to them. Healthy relationships are built on honesty, respect, trust, and communication.



Counseling & Psychological Services Chalon: (310) 954-4114 (Humanities 1st floor) Doheny: (213) 477-2668 (McIntyre 1st floor)



What is Clothesline **Project Week?**

The purpose of the project is three-fold:

- 1. To raise awareness about the impact of violence against women
- 2. To celebrate a person's strength to survive
- 3. To empower women & men to break the silence and help end violence

What do the Colors Represent on the T- Shirts:

- White: Made for victims who died because of
- Red: Made by (or for) survivors of rape, attempted rape, or sexual assault
- Blue: Made by (or for) survivors of childhood sexual abuse or incest

Sponsored by Division of Student Affairs

* The Hunting Ground

Movie Screening @ the Mount?

About the Film:

An Oscar-nominated documentary takes the audiences straight to the heart of a shocking epidemic of violence and institutional cover-ups sweeping across college campuses and the devastating toll they take on students. The film follows two courageous activists as they unmask a nationwide cover-up.



Chalon:

Wednesday, March 9, 2016

Time: 5 p.m. - 8 p.m. Where: Hannon Theatre

Doheny:

Thursday, March 10, 2016
Time: 5 p.m. - 8 p.m.
Where: Rose Hills
Auditorium

After there will be a panel discussion accompanied by pizza and refreshments.

<u>Sponsored by the MSMU Clothesline Project Committee.</u>
<u>For more information call: (310) 954-4135</u>

FREE SELF DEFENSE WORKSHOP

Your body is more capable than you think.



Each workshop can only take **16 participants** so please **RSVP** to:

Lconnors@msmu.edu

Chalon

Thursday, March 10, 2016

Time: 7 p.m. to 9 p.m.

Where: Campus Center

Doheny

Wednesday, March 9, 2016

Time: 7 p.m. to 9 p.m.

Where: Fitness Center



Presented by the Division of Student Affairs
For more information call Lindsy: (213) 477-2674



Doheny Mercy Chapel | Tuesday, March 8, 2016 | 5:30 p.m.

Regular shuttle times from Chalon Campus: 2:00 p.m., 3:00 p.m., 4:00 p.m. and 4:30 p.m.

For more information call: (213) 477-2668

Sponsored by: Violence Prevention Committee,
Campus Ministry, Career Services, Counseling & Psychological Services
Fitness Education, Residence Life, Student Health Services,
Student Programming & Commuter Services and Women's Leadership

Women's Appreciation

Tea

In honor of Women's History Month, Doheny Student
Activities council invites you to join us for afternoon tea to
celebrate influential women. We also invite you to hear from
Sr. Judy Vaughan, founding Director of Alexandria House.
Friday, March 11, 2016

Where: Doheny Mansion

Pompeian Room

Time: 12 p.m.- 1:30 p.m.

**Mill be donated to Alexandria additional additional additions

**Ouse. We welcome donations

**Time: 12 p.m.- 1:30 p.m.

**S5 Tickets can be purchased at the purchased at

Sponsored by Women's Leadership. For more information call Britiney. (213) 477- 2664

Mount Saint Mary's University's 10^{TH} Annual

PRESIDENT'S INVITATION TO SERVE

OPEN TO STUDENTS, FACULTY, STAFF, ALUMS, AND FRIENDS OF THE UNIVERSITY

Join us as we honor the legacy & tradition of the Sisters of St. Joseph of Carondelet in

Serving Our "Dear Neighbor"

Spend a day serving at sites around Los Angeles with other members of the Mount Community:

- Alexandria House
- Downtown Women's Center
- Heal The Bay
- Society of St. Vincent Du Paul
- Los Angeles Regional Food Bank
- Lanterman High School and Stop Hunger Now

Saturday, April 2, 2016

RSVP at https://www.msmu.edu/invitationtoserve/

Transportation from both campuses will be provided.
*Students must submit a \$10 deposit to reserve a spot to the
Student Affairs Office in H200 or the Doheny Community
Engagement Office, Building 11, #211

For more information contact Susan Cacique at susacaci@msmu.edu

Sponsored by Community Engagement

15 weeks to connect

Week 8—3/7 Complete the activity of the week!

Step One: Follow us via Instagram: @msmu_spcs and

Facebook: @MSMUStudentprogramming

Step 7wo: Take a picture at the Clothesline Project

Step Three: Instagram a photo of you completing

the activity with #SPCS_Iwannawin (Be sure to have a public profile)

Sponsored by SPCS. For more information call: (310) 954 - 4120

The Report ON THE Status of Women and Girls

IN CALIFORNIA

Join us for our public release, the 5th annual Report on the Status of Women and Girls in California featuring leaders whose extraordinary accomplishments have helped pave the way for a just and equitable society. This day of "Celebrating Pioneers" will offer inspiration, reflection and call to action to help improve the lives of women and girls everywhere!

Wednesday, March 30, 2016

Time: 9:00 a.m. to 12:00 p.m.

Where: Skirball Cultural Center, Hannon Theater at Chalon, Rose Hill Auditorium at Doheny

Registration Information:

To watch the report via live streaming in Rose Hills or Hannon Theater RSVP at: www.alums.msmu.edu/rswglivestream

To attend at the Skirball, RSVP at www.msmu.edu/statusofwomen

Transportation Information:

Shuttles will be provided to and from both campuses.

Breakfast provided at all three locations!

For more information E-mail Heather Schraeder, Director of Special Events and Public Programs at hschraeder@msmu.edu or call: (213) 477-2761

Sponsored by Institutional Advancement

Athenian Café

In honor of International Women's Day Resident Assistants are hosting Arts & Crafts at the Café.



Friday, March 11, 2016 <u>Time</u>: 4 p.m. - 5:30 p.m.

Craft: Make a lei



For more Information call Joelle: (310) 954 - 4325

Sponsored by Residence Life



Weekend Events





Friday 03/11

Enjoy a Gorgeous view @ the Griffith Observatory 12:00 p.m. - 10:00 p.m. Saturday 03/12

Grab a deliciou

Grab a delicious bite at Urth Caffe!

6 a.m. – 11 p.m.

2327 Main St, Santa Monica, CA 90405

Sunday 03/13

Enjoy Sunday Mass with the Mount Community at 7p.m.

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 p.m. for the next week's issue.

E-mail: athenianweekly@msmu.edu





Athenian Promise: I will respect the sanctity of the learning environment and avoid disruptive and deceitful behavior toward other members of the college community. (3 out of 6)

Volume 1, Issue No. 9

Monday, March 14, 2016

Published by the Student Affairs Office

.4*4*4*4*4*4*4*4*4



OPEN TO ALL

Tuesday. March 22

4 - 5:30 p.m.

DRUDIS BIADA ROOM 201

COME MEET **CBS EXECUTIVES**

LEARN ABOUT EXCITING INTERNSHIP & CAREER OPPORTUNITIES

SPONSORED BY THE DEPARTMENT OF FILM, MEDIA & COMMUNICATION

2016 CSJ Appreciation Day

Please join the Mount community as we celebrate the many contributions of the Sisters of St. Joseph of Carondelet!

Wednesday, March 16, 2016 Campus Center, Chalon Campus 2.30 p.m. - 4.00 p.m.



For more information call: (213) 477-2570

Refreshments will be served

In honor of National Catholic Sisters Week and CSJ Week, an exhibit showcasing the scholarship of Sr. Mary Gerald Leahy, CSJ, will be displayed at the reception. Sr. Mary Gerald Leahy was a microbiologist whose research of mosquitos has had a direct impact on current research of the mosquitos carrying the Zika virus. The exhibit is supported by a grant from National Catholic Sisters Week and the Association of Colleges of Sisters of St. Joseph.

Sponsored by the Office of the President

3rd Annual STEM Expo

Networking Opportunities for ALL MAJORS with:

UCSB Grad Division

Monday, March 15

NASA Campus Center, Chalon

USC Keck Medicine

12:00 p.m. - 2:30 p.m.

Cedars Sinai

Western University Children's Hospital

RAFFLES!! TOTE BAGS!!

*WHILE SUPPLIES

UCSD Grad Division Kaiser Permanente

For more information contact Sandy Chavez:

schavez@msmu.edu

UCLA School of Medicine

UCLA Chem/Bio Department

And More to Explore!

Endless Possibilities at Your Fingertips

ponsored by: Science Technol





INTERNATIONAL COMPETITION THAT INCLUDES:

A TRADITIONAL CULTURAL FASHION SHOW, AS WELL AS DANCING AND SINGING IN A FOREIGN LANGUAGE

Wednesday, April 6, 2016

Time: 12:00 p.m.

Where: Chalon Circle

All cultures welcome!

1st place: \$300

2nd place: \$200

3rd place: \$100

Sign up by March 18th to participate! Represent your country through its traditional dress, song and/or dance.

For more information, please email:

Vernice Grajeda vgrajeda@msmu.edu

STEM Sponsored by: The Department of Language & Culture

























Class of 2016 Events & Reminders

So much is happening, don't be left out.
Visit the links below!

Senior Farewell Dinner

SAVE THE DATE
Wednesday, April 20, 2016
7:00 p.m. - 9:00 p.m.
Chalon Campus Center

2016 SLIDESHOW

Share pictures of <u>your</u> Mount moments for the <u>2016 Slideshow</u> which will play during the senior farewell dinner.

www.alums.msmu.edu/slideshow16

Closes: 4/3/16

SENIOR CLASS GIFT

Goal: \$2,000 and 40% participation Raising funds for the Class of 2016 Scholarship.

Give \$20.16 NOW and it will be matched \$2 for every \$1 donated,

by Alum Board

President Suzanne Hoffman '84.

www.alums.msmu.edu/classof2016

Closes: 4/20/16

VOTE FOR YOUR GUEST SPEAKER!

Vote for a faculty speaker for the Senior Farewell Dinner.

<u>www.alums.msmu.edu/seniordinner2016</u>

<u>MOMINATE NOW!</u>

Closes: 4/1/16

REGISTER TO WIN!

VIP balcony seating for 2 families at graduation.

www.alums.msmu.edu/vipseating
Closes: 4/20/16



Rooming Information for Residents

Did you submit a Retain Room Form or Room Change Form during the Room Selection Process? Want to know what your Room Assignment for the 2016-2017 academic year will be? Look no further! ROOM ASSIGNMENTS for the 2016-2017 year will be available on Friday, March 18, 2016 after4:30 p.m. via Portal.

STEP 1

Below you will find the steps as to how to view your Room Assignment:
STEP 2

Click on:

WebAdvisor for Students

WebAdvisor

STEP 5

To the state of th

STEP 3

STEP 4

Look Here!



Friday 3/18

Your Room Assignment will appear here under FALL 2016

Sponsored by Residence Life



Call the Chalon Residence Life Office at (310) 954-4325 or Doheny (213) 477-2661.

*

Weekend Events

Saturday 3/19

Sunday 3/20

ROCKETO Head

What day do potatoes hate the most?

- Fry-day!

Head down to Johnny Rockets at the 3rd Street Promenade NA PUA O KA 'AINA 16th Annual Luau Gods & Goddesses of Polynesia Location: The Circle Luncheon: 12:30 PM Show: 2:30 PM

Take a hike at Runyon Canyon before its 4 month closure beginning in April!

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 p.m. for the next week's issue.

E-mail: athenianweekly@msmu.edu





Athenian Promise: I will support a culture of diversity by respecting the rights

of those who differ from me. (4 out of 6)

Volume 1, Issue No. 10

Monday, March 21, 2016 Published by the Student Affairs Office

STEM 's Speaker Series:

Medical Student Panel
Want to learn more about what it is like to be a
medical student?

Join us at our Medical Student Panel to hear from two students enrolled in the PRIME Program at the David Geffen School of Medicine UCLA

Marcela Zhou, graduated from UCSD with a degree in Human Biology

Amanda de la Cerda, Mount alumna with a degree in Biology

Wednesday, March 23, 2016 Chalon: Campus Center East Time: 6:00 p.m. - 7:00 p.m.





ALL MAJORS WELCOME

For more information email Sandy Chavez at schavez@msmu.edu
Sponsored by Title III STEM Program



FBI Information Session

Interested in learning about the FBI?

Special Guest: Agent Allison Powojski



Come check out Career
Services FBI Information
Session and learn what it
takes to work for the
Federal Bureau of
Investigation (FBI) & U.S.
government!

Spousored by:
Mount Saint Mary's
University
LOS ANGELES

Career Services &

Tuesday, March 22, 2016 Chalon: Campus Center South West 1:00 p.m. - 2:00 p.m.

For more information call: (310) 954-4410 Sponsored by: Career Services & Internships

The Report ON THE Status of Women and Girls

IN CALIFORNIA

Join us for our public release, the 5th annual Report on the Status of Women and Girls in California featuring leaders whose extraordinary accomplishments have helped pave the way for a just and equitable society. This day of "Celebrating Pioneers" will offer inspiration, reflection and call to action to help improve the lives of women and girls everywhere!

Date: Wednesday, March 30, 2016

Time: 9:00 a.m. to 12:00 p.m.

Where: Skirball Cultural Center, Hannon Theater at Chalon, Rose Hill Auditorium at Doheny

Registration Information:

To watch the report via live streaming in Rose Hills or Hannon Theater RSVP at: www.alums.msmu.edu/rswglivestream

To attend at the Skirball, RSVP at www.msmu.edu/statusofwomen

Transportation Information:

Shuttles will be provided to and from both campuses.

Breakfast provided at all three locations!

For more information email Heather Schraeder, Director of Special Events and Public Programs at hschraeder@msmu.edu or call: (213) 477-2761

Sponsored by Institutional Advancement

French Club Bake Sale

Monday, March 21, 2016 Administration Lawn 12:00 p.m.- 1:30 p.m.

LE CERCLE

FRANCOPHONE FUNDRAISER

For more information email elann Gillham at *lelaaill@msmu.edu*

























Los Angeles Women's International Festival March 24-27, 2016

Regal Cinemas LA Live 1000 W. Olympic Blvd Los Angeles, CA 90015



Closing Night Gala

Posthumous

Directed by Lulu Want

Now in its 12th year the Los Angeles Women's International Film Festival serves as a platform for women filmmakers worldwide to share their unique stories and cultural experiences with Los Angeles' diverse audience. The festival's programming also reflects Alliance of Women Filmmakers' mission to educate and inform audiences of social, political, and health issues impacting women globally.

FESTIVAL HIGHLIGHTS

Centerpiece Screening

CodeGirl
Directed by Lesley Chilcott
Followed by a Women of
Wamer STEM panel

Open Night Gala

Despite the Falling Snow
Directed by Shamin Sarif

Tickets are only \$5

Please use promo code: Student

To see the full program schedule and purchase tickets, please visit: <u>bit.ly/lawiffprogram</u>

For more information email Diana Means at *Diana.means@yahoo.com*

Sponsored by: Institutional Advancement

VOUNTEER OPPORTUNITY

The LAWIFF Needs You!

Film Festival dates: Thursday, March 24 - Sunday, March 27, 2016

Gain a deeper experience of the LAWIFF by becoming a festival volunteer. Volunteering with LAWIFF is an opportunity to see incredible films, network with filmmakers and entertainment executives, make friends and take part in a truly collaborative event that supports and celebrates women filmmakers from around the world.

For more information email Diana Means at Diana.means@yahoo.com

Sponsored by Title III STEM Program

Class of 2016 Ice Cream Social

Come learn about all the exciting things we've got going on for Seniors.

Make your gift to the Class of 2016 Scholarship.

And don't forget to RSVP to your Senior Farewell Dinner (4/20).

We've got sprinkles too!



Tuesday, March 22, 2016
Administration Lawn
1:00 p.m. - 2:00 p.m.

For more information email Maria Solano, Individual Giving at <u>msolano@msmu.edu</u> or call: (213) 477-2536

Sponsored by: Institutional Advancement & Alumnae Relations

Volume 1, Issue No. 10 Page 3

CPS Tips Of the Week

Steps YOU Can Take to Prevent OTHERS from Being Sexually Assaulted:

Create a Distraction
Interrupt any questio
suggesting that every

Interrupt any questionable situation by suggesting that everyone goes to get pizza, or goes to another location, or dances all together.

Ask Directly

Ask the person you are concerned about: "Who did you come here with?" or "Would you like me to stay with you?"

Refer to an Authority

Talk to the security guard, the person in charge of the party, the bartender, or another employee about your concerns. Don't hesitate to call 911.

Enlist Others

Ask a friend to help you intervene, ask someone the person you're concerned about knows, intervene with a group.

For more information call: (310) 954-4004

Sponsored by: Counseling and Psychological Services

Ways to Promote Civility & Respect

- ⇒ Consider how your use of technology (e-mail, social media, etc.) helps or hinders a respectful work/organization environment. Remember that with e-mail there is no voice tone to help convey meaning.
- ⇒ Rely on facts rather than assumptions. Gather relevant facts, especially before acting on assumptions that can damage relationships.
- ⇒ Take time to learn more about a background or culture you are not familiar with to expand your own perspective and interpersonal skills.
- ⇒ Have difficult conversations in person or, at a minimum, by telephone, not electronically.
- ⇒ Adopt a positive and solution-driven approach to resolving conflicts.

Sponsored by: The Mount Civility Project.

CAMPUS MINISTRY HOLY WEEK

Begins sundown on Saturday, March 19,2016. The most sacred days of the Christian year, a time marked by simplicity, quiet reflection, fasting, and prayer.

Pick up a Mercy Bag

Monday, March 21, 2016

Time: 2:00 p.m.

Where: Humanities 105

Lenten #MERCYMONDAY

No cookies in observance of Holy Week

INFORMATION ABOUT MASS!!

Mass will NOT be celebrated at Chalon on Sunday, March 27, 2016

Visit our neighboring parish, Saint Martin of Tours: Sunday Mass Times: 7:30 a.m., 9:30 a.m., 11:30 a.m. and 5:30 p.m. For more information call (310) 954-4125 or email: campusministry@msmu.edu

Sponsored by Campus Ministry

CAMPUS CORRESPONDENT OPPORTUNITY!



Would you like to become a Mount Saint Mary's University **Student Health 101 CAMPUS CORRESPONDENT?**

Looking to build your résumé? Like to produce videos? Enjoy meeting new people? Want to help your peers?

Interested in health and wellness?

Open to all Traditional Undergraduates seeking a fun-filled Leadership opportunity! This is NOT a work study position.

Apply for the Internship today!

www.studenthealth101.com/cc.html

Student Health 101 e-magazines, FREE!

<u>Visit: www.readsh101.com/msmu.html</u>

For more information call: (310) 954-4110

Sponsored by Health Services



health 01

Requesting a Room Change

If you did not like the room you were assigned for the 2016-2017 academic term, *Room Change Forms* will be available 3/21/16 via orgsync.

Step 1: Submit your *Room Change Request* form through

OrgSync by Monday, March 28, 2016 at 4:30 p.m.

Step 2: If your room was changed, you will be able to log into the

Portal to view your room assignment on Friday, April 1, 2016 after 4:30 p.m.

Please take note of the following:

- * Not all residents who submit a Room Change Form will be granted a change
- * If you are assigned a new room, you forfeit your previously assigned room (this is not an offer, and you cannot decline the room change)
- * IPT students who participated in the New Room Process who have decided not to transfer to the Chalon campus, or students who participated in the New Room Selection Process at Doheny but were accepted in to the IPT program after Friday, February 26, 2016 must participate in the Room Change process

For more information call: (310) 954-4325 Sponsored by Residence Life

The Mount Civility Project at MOUNT SAINT MARY'S UNIVERSITY LOS ANGELES

PRESENTS:

SPEAK UP!

Lunch and Learn Series

"What to do about negative remarks, casual comments and slurs?"

Tuesday, March 29, 2016 at Chalon 12:00p.m.—1:00p.m. at Hannon Parlor

Thursday, March 31, 2016 at Doheny 1:30p.m.—2:30p.m. at Donohue Center

Please RSVP, by Monday, March 28, 2016 12 p.m. https://orgsync.com/54559/forms/186522

For more information email Laura Crow, Dean of Student Life at <u>Lcrow@msmu.edu</u> or call: (310) 954-4130



Class of 2016

You can make a difference at the Mount!

Help support a student in need with your contribution to the Class of 2016 Scholarship Fund

Make your gift of \$20.16

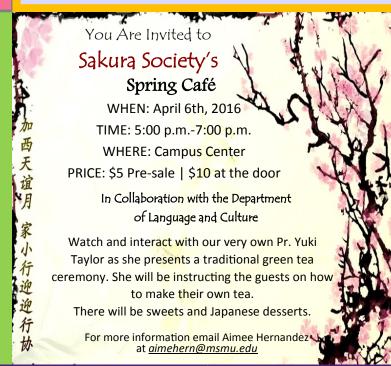
and we will match it with a gift of \$40.32!

Match generously provided by
Alum Board President, Suzanne Hoffman '84

Scholarships provide up to 40% of total tuition costs. Pay it forward and help future students succeed.

Make your senior class gift at alums.msmu.edu/classof2016 by April 20!

For more information email Maria Solano, Individual Giving at <u>msolano@msmu.edu</u> or call: (213) 477-2536





Good Friday

Weekend Events

Saturday 3/26



Friday 3/25

Have a blessed

Enjoy the four day weekend and catch Batman V Superman **Sunday 3/27**



No school in observance of Good Friday

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 p.m. for the next week's issue.





Athenian Promise: I will support a culture of diversity by respecting the rights of those who differ from me. (4 out of 6)

Volume 1, Issue No. 10

Monday, March 28, 2016

Published by the Student Affairs Office

LOOKING FOR AN EXCITING JOB

ON CAMPUS?



Apply to be an Admission Associate For 2016 -2017

10 Job Openings! Open to residents and commuters Must be full time undergrad student

Work study not needed

Flexible Hours **Professional Development Public Relations Experience** Leadership Skills Great Work Environment

Applications must be submitted by email only

To request an application please send an email to admissions.associates@msmu.edu Applications will be available via email

March 14, 2016

All Applications due by Friday, April 1, 2016 Sponsored by Admissions

Mountchella

Missed Coachella? Then come to Mountchella!

Thursday, April 7, 2016 11:00 a.m. to 2:00 p.m. In the Circle and Administration Lawn

There will be music, food, games, and prizes! You won't want to miss out!

If you have any questions, please email Chalonsac@msmu.edu

Sponsored by: The Chalon Student Activities Council

CPS Tips of the Week

NO MEANS NO



"NO" means NO. "Not Now" means NO. "Maybe Later" means NO. "No Thanks" means NO. "Don't Touch Me" means NO. "Let's Just Go To Sleep" means NO. "You've/I've Been Drinking" means NO. SILENCE means NO.



Counseling and Psychological Services Chalon Office, 310.954.4004, Humanities 1st floor Doheny Office, 213.477.2668, McIntyre 1st floor



On Being a Detective

Putting the Search Back In Research with **Paul Martin**

Tuesday, March 29, 2016 Library 203



"Google' is not a synonym for 'research'." -Dan Brown

For more information email: <u>PMartin@msmu.edu</u> or Call: (310) 954-2690 Sponsored by the Learning Resource Center























The Mount Civility Project

at MOUNT SAINT MARY'S UNIVERSITY
LOS ANGELES

PRESENTS:

SPEAK UP! Lunch and Learn Series

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Thursday, March 31, 2016 at Doheny 1:30 p.m. - 2:30 p.m. at Donohue Center

Please RSVP, by Monday, March 28, 2016 12 p.m. so that we may have an accurate food count https://orgsync.com/54559/forms/186522

For more information email Laura Crow, Dean of Student Life at <u>Lcrow@msmu.edu</u> or call: (310) 954-4130

GRADUATE PROGRAMS

- Education
- Counseling Psychology
- **Business Administration**
- **Humanities**
- **Religious Studies**
- **Creative Writing**
- Film & Television
- Health Policy & Management
- Nursing
- Physical Therapy



Tuesday April 19, 2016 11:00 a.m. - 2:00 p.m. Hannon Patio Tuesday April 5, 2016 11:00 a.m. - 2:00 p.m. Hannon Theatre Foyer

For more information email: <u>gradprogram@msmu.edu</u> or call: (213) 477 – 2800 Sponsored by Graduate Admissions Department

Meet the SGA Candidates!



Tuesday, March 29, 2016 11:00 p.m.-1:00 p.m. in the Circle

Learn more about who's running and what they are running for. Food and refreshments will be served!

To review candidate statements and to learn more about SGA Election events, visit: www.msmu.edu/vote

Polls open at 8:00 a.m. on Monday, April 4, 2016! Sponsored by Student Government Association

We are happy to announce that our MSMU Student Health 101 Campus Correspondents



Aimee Hernandez and Cindy Carrillo

have been chosen by the Student Health 101 Magazine Production team as CAMPUS CORRESPONDENTS OF THE MONTH!

Congratulations on this wonderful achievement as we continue to prove that MSMU is truly

{ UNSTOPPABLE }

Sponsored by: Student Health Services



Weekend Events

Saturday 4/2



Friday 4/1

A hike you can squeeze in after school! Grab a bite to eat at the newly opened

Check out the Los Liones Trail
2.6 miles out and back

580 Los Liones Drive, Pacific Palisades, CA 90272 Opens at Dawn, Closes at Sunset SHAKE SHACK

Located in West Hollywood!

Hours: 11:00 a.m. to 11:30 p.m.



Sunday 4/3

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 p.m. for the next week's issue.

E-mail: <u>athenianweekly@msmu.edu</u>





Athenian Promise: I will contribute to the development of a caring community where compassion for others and freedom of thought and expression are valued. (5 out of 6)

Volume 1, Issue No. 11

Monday, April 4, 2016

Published by the Student Affairs Office



\$10 ticket

includes meal and show!

Experience Mexican culture through dance and traditional homemade Mexican food!

Donahue Center 10 Chester Place, Los Angeles, CA 90007 Thursday, April 14 at 7:00 p.m.

For tickets and more information e-mail: <u>msmuballetfolklorico@amail.com</u>

Using Linked in

To Succeed in Today's Job Market

Tuesday, April 5, 2016 1:00 p.m. -2:00 p.m. Humanities 201

Learn How To:

- Create a profile
- Network with alumni and employers
- Research opportunities
- Succeed in your internship and job search

Don't forget:

- BYOL (Bring Your Own Laptop)
- Work on your LinkedIn account at the workshop

Sponsored by Career Services and Internships For more information call: (310) 954-4410

WIN TICKETS FOR GRADUATION!

VIP balcony seating for 2 families.

Register at: www.alums.msmu.edu/vipseating

Deadline to register: April 20, 2016

For more information contact Maria Solano email: <u>msolano@msmu.edu</u> Sponsored by: Alumnae Relations

CPS TIP OF THE WEEK

SLEEP STRESS AWAY

Sleep is essential in preventing & managing stress

The American Psychological Association recommends 7-9 hours of sleep a night in order to rest our mind and bodies (2013)

But WHY is sleep so important?

- Recharges your mind and body
- * **Improves** memory and judgement
- * Improves your mood
- Decreases irritability
- * **Prevents** you from feeling sluggish
- * Improves your ability to concentrate & retain information Sponsored by: Counseling and Psychological Services

CPS & grow

15 Weeks to Connect and Win Week 12:

Take a Picture at the Spring Carnival on April 7, 2016!

Step One: Follow us via Instagram: @msmu_spcs and Facebook: @MSMUStudentprogramming

Step 7wo: Complete the activity of the week

Step Three: Instagram a photo of you completing the activity with #SPCS_Iwannawin (Be sure to have a public profile)

April

Week 13—4/11 Take a Picture at Athenian Awards.

Week 14— 4/18 Take a Picture on how you celebrate Earth Day.

Week 15—4/25 Take a Picture with your favorite faculty member.

Sponsored by Student Programming and Commuter Services
For more information email: studentprogramming@msmu.edu
or call: (310) 954-4120























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You Are Invited to

Sakura Society's Spring Café

WHEN: April 6th, 2016
TIME: 5:00 p.m.-7:00 p.m.
WHERE: Campus Center

PRICE: \$5 Pre-sale | \$10 at the door
In Collaboration with the Department
of Language and Culture

Watch and interact with our very own Dr. Yuki Taylor as she presents a traditional green tea ceremony. She will be instructing the guests on how to make their own tea. There will be sweets and Japanese desserts.

For more information contact Aimee Hernandez Email: <u>aimehern@msmu.edu</u>

ATTENTION CLASS OF 2016

Include your memories in this year's "How We Got Here" video to be played for your friends and family on May 9, in the Shrine Auditorium, before the start of Commencement 2016!

We will have a video crew on campus on:

Tuesday, April 5: Chalon Campus, The Circle at 11:30 p.m. - 1:30 p.m.

Thursday, April 7: Doheny Campus, Ahmanson Commons at 11:30 p.m. - 1:30 p.m.

Saturday, April 9: Doheny Campus, Ahmanson Commons at 11:30 p.m. - 1:30 p.m.

For more information email: <u>dream@msmu.edu</u> or <u>pjordan@msmu.edu</u>

Sponsored by: Communications and Marketing

Hire Attire Fashion Show

Mount Saint Mary's University
LOS ANGELES
Career Services & Internships



Tuesday, April 12, 2016 at 1:00 p.m.-2:00 p.m.

Doheny Rose Hills Auditorium

School Services

PLUS:
BERTI'S
PASTRIES
BAKE

Bake sale proceeds will go to Dress for Succes
For more information contact Angela Tilley
email: atilley@msmu.edu

Sponsored by: Career Services and Internships

This Week: SGA Elections!

Voting is as easy as 1-2-3-4!

- Visit <u>msmu.edu/vote</u> to review candidate bios and other ballot measures.
- 2. VOTE online at <u>msmu.edu/vote</u>. You must be logged in to access the ballot.
- 3. Stop by the Women's Leadership & Student Involvement Office to receive your official Mount "I Voted" sticker.
- Post a picture wearing your "I Voted" sticker on Instagram using #futureofsga to be entered to win fun prizes.

Voting is open

Monday, April 4, 2016 at 8:00 a.m.

until

Thursday, April 7,2016 at 3:00 p.m.

Your Voice. Your Vote. SGA Elections 2016.



Weekend Events



Friday 4/8

OPERING WEEKEND ALERT!

EXPERIENCE THE MAGIC AT THE WIZARDING WORLD OF HARRY POTTER AT UNIVERSAL STUDIOS

Saturday 4/9

lay with dogs

Play with dogs over a cup of coffee at DOG CAFÉ!

You can adopt too!

240 N. Virgil Ave (Unit 13) Los Angeles, CA 90004

Sunday 4/10

TODAY!

Praise the Lord at 7 p.m. with the Mount Community!

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 p.m. for the next week's issue.

E-mail: <u>athenianweekly@msmu.edu</u>





Athenian Promise: I will honor, challenge and contribute to the scholarly heritage left by those who preceded me and work to leave this a better place for those who follow. (6 out of 6)

Volume 1, Issue No. 12

Monday, April 11, 2016

ALL

MAJORS

WELCOME!

When: Thursday

April 14, 2016

1:00 p.m. to

2:00 p.m.

Where:

Chalon Campus

Room H-404

STEM

Published by the Student Affairs Office

STEM's Speaker Series: Ms. Marielle Sallo



Are you interested in the field of Education or STEM?

Join Ms. Sallo as she speaks on her educational journey. Ms. Sallo received her Bachelors of Science in Mathematics/Applied Science with an emphasis in Medical and Life Sciences from UCLA. She received her M.A. in Secondary Education from LMU. Currently, she is the Principal at San Gabriel Mission High School and working on an Ed.D. in Educational Leadership at UCLA.

For more information contact Sandy Chavez at schavez@msmu.edu

Sponsored by: STEM

Violence Prevention

Campus Security Safety Tips



Hazing is a form of violence and is defined as any method of pre-initiation into a student organization or any pastime or amusement engaged with respect to such an organization which causes, or is likely to cause:

- **Bodily danger**
- Physical harm
- ⇒ Personal degradation or disgrace
- Resulting in physical or mental harm to any student or person

It is against University policy to conspire and engage in hazing. Stand up and say NO to any organization that tries to pressure you with hazing. Your life is important.

Remember, always report incidents to Campus Security.



Safety Tips are brought to you by the Department of Campus Security Stay Informed, Stay Alive.



Oxfam America Club

resents Refugee for a Day Simulation



What would happen if you had to leave your life behind in search of a place that would accept you, with only the clothes on your back?

> Monday, April 11, 2016 Time: 3:00 p.m. Administration Lawn

For more information email Melanie Sava at melasava@msmu.edu

It is National Student Employment Week!

COME CELEBRATE WITH FREE ICE CREAM SANDWICH







Tuesday, April 12, 2016

1:00 p.m. - 2:00 p.m. Chalon Circle

Work Study Students Only

Sponsored by: The Office of Student Employment























CAMPUS MINISTRY ANNOUNCEMENT

LENTEN #MERCYMONDAY MERCY BAGS - NO COOKIES!

Monday, April 11, 2:00 p.m. Humanities, 105

Come pick up a mercy bag from the Campus Ministry Office!

MAGNIFICAT HOUSE MASS

Monday, April 11, 7:30 p.m.

Aldworth Residence Hall

Celebrate Mass with the residents of Magnificat House in the living room! All are welcome!

CONFIRMATION MASS

Sunday, April 17, 7:00 p.m.

Mary Chapel

Come celebrate Mass and witness the Confirmation of 27 Mount students. Reception to follow in the Student Lounge with Easter treats!

For more information email Campus Ministry at: <u>campusministry@msmu.edu</u> or call (310) 954-4125



When: Thursday, April 14, 2016

Where: BJ's Westwood 939 Broxton Avenue Los Angeles, CA 90024

Time: 11:00 a.m. - 11:00 p.m.

****Must bring flyer to raise money for the fundraiser****

For more information email Gabrielle Duhina at: <u>gabriduhi@msmu.edu</u>

Consumption of alcoholic beverages during the fundraiser is against MSMU policy.



MOUNT PHYSICAL ACTIVITYDAY





Activity	Time	Location	
Yoga	9:00 a.m 10:00 a.m.	DH309	
Badminton & Table Tennis	10:00 a.m 11:00 a.m.	The Circle	
RockYourBody™	11:00 a.m 12:00 p.m.	DH309	
Rockwall	12:00 p.m 2:00 p.m.	The Circle	
Hula Hoop	2:00 p.m 3:00 p.m.	The Circle	
Competition and Bocce Ball			
Zumba	3:00 p.m 4:00 p.m.	DH309	
Free Throw Competition	4:00 p.m 5:30 p.m.	Basketball Court	
Circuit Training	5:30 p.m 6:20 p.m.	Tennis Court	
Hike	6:00 p.m 7:00 p.m.	Fitness Center	

- ⇒ Attend at least 3 activities to receive a Sports & Wellness t-shirt or water bottle.
- ⇒ Each activity you participate in gets you an entry into the raffle for more grand prizes!

For more information contact Angela Faissal at (310) 954-4452 or via email at afaissal@msmu.edu



Senior Farewell Dinner

SAVE THE DATE Wednesday, April 20, 2016 7:00 p.m. - 9:00 p.m. Chalon Campus Center

> RSVP now at: www.alums.msmu.edu/ seniorfarewell2016

SPACE IS LIMITED!

2016 SLIDESHOW

Share pictures of <u>your</u> Mount moments for the <u>2016 Slideshow</u> which will play during the senior farewell dinner.

Share them at: www.alums.msmu.edu/slideshow16

Closes: 4/3/16

SENIOR CLASS GIFT

Don't forget to participate and make your class gift today for the Class of 2016 Scholarship!

Give \$20.16 NOW and it will be matched \$2 for every \$1 donated by Alum Board President Suzanne Hoffman '84.

Donate at:

www.alums.msmu.edu/classof2016

Closes: 4/20/16

VOTE FOR YOUR GUEST SPEAKER!

Vote for your favorite faculty member for the Senior Farewell Dinner.

Vote at: www.alums.msmu.edu/seniordinner2016

Closes: 4/1/16



VIP balcony seating for 2 families at graduation.

Register at: www.alums.msmu.edu/vipseating

Closes: 4/20/16



For more information email Director of Annual Giving Maria Solano at msolano@msmu.edu

NOMINATE NOW!

Sponsored by: Institutional Advancement

Doheny Senators



Anika Ahsan



Yenia Vidal-Marquez

Meet your 2016-17

Student Government Association



Giselle Sipaque

President



Melanie Sava



Jessica Farrell

General Senator



Emely Vargas

Commuter Senators



Xena Peña



Jannet De la Torre



Meghan Mai



Melanie Corral

Congratulations to all winners!

For more information on vacant SGA positions email: sga@msmu.edu



The Commuter Mentor Program provides a means of communication and opportunities for freshmen commuter students to engage in the Mount community. We empower first-year commuters to begin their journey at Mount Saint Mary's University with the fearlessness and knowledge necessary to succeed and achieve greatness as proud Athenians.

Commuter Mentors for 2016-2017:

ANA GOMEZ
ANGELA GONZALEZ
ASHLEY FLORES
CYNTHIA CASTANEDA
ESMERALDA ARECHIGA
GENNA AMADO
JACQUELINE LIMA
JALYSSA AGUIRRE
JENNIFER CARRILLO
KARLA GUARDADO-SEGURA

KAYLA TAYLOR
LAUREN VANDENBOSCH
LILVBETH VALENCIA
LINDSEY VENTURA
MARICELA GALVEZ
MELANIE SAVA
NAGELA MANIMTIM
PAULINE CHENG
SANDRA MEDINA

Sponsored by: Student Programming and Commuter Services

CPS TIP OF THE WEEK Stress Busting Foods

Nutritious foods can help boost serotonin and decrease levels of cortisol and adrenaline (stress producing hormones), thus preventing and decreasing stress.

Bust the stress away with these foods:

High fiber foods
Salmon or tuna
Almonds

Dark chocolate
Fruits, especially oranges

Sponsored by: Counseling and Psychological Services

Hire Attire Fashion Show



Tuesday, April 12, 2016 at 1:00 p.m.-2:00 p.m. Doheny Rose Hills Auditorium

PLUS:
BERTI'S
PASTRIES
BAKE
SALE
Bake sale proceeds will go to Dress for Success

For more information email Angela Tilley at: atilley@msmu.edu

Sponsored by: Career Services and Internships

GRADUATE PROGRAMS

- Education
- Counseling Psychology
- Business Administration
- Humanities
- Religious Studies
- Creative Writing
- Film & Television
- Health Policy & Management
- Nursina
- **Physical Therapy**



Tuesday April 19, 2016 11:00 a.m. - 2:00 p.m. Hannon Patio

Tuesday April 26, 2016 11:00 a.m. - 2:00 p.m. Hannon Patio

For more information email <u>Gradprograms@msmu.edu</u>



Weekend Events



Friday 4/15

Saturday 4/16

Sunday 4/17



OBSCURA VO

1 Day. 160 events. 31 States. 60 Counties. Celebrate the world's most curious & awe-inspiring places.

Event Information at http://www.atlasobscura.com/

Celebrate Mass with the Mount Community at 7 p.m.

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 p.m. for the next week's issue.

E-mail: <u>athenianweekly@msmu.edu</u>





Athenian Promise: I will embrace the concept of a civil community which does not tolerate violence, theft, bigotry, or harassment of others in any form. (1 out of 6)

Volume 1, Issue No. 13

Monday, April 18, 2016

Published by the Student Affairs Office



Campus Security Safety Tip
Cyber-Bullying: Don't become a victim

Cyber Bullying is on the rise more so than other types of bullying. Here are some tips that will help you to not become a victim.

- ⇒ Do not share your online password or phone passcode
- ⇒ Do not be afraid to report a Cyberbully to Campus Security or Student Affairs
- ⇒ Never share personal information, such as your home address or phone number online
- ⇒ Never take nude or compromising pictures or videos of yourself or of your friends on your cell phone. Even if you just share them among your friends, they can soon spread like wildfire
- ⇒ Do not respond to a Cyberbully. Instead block them from your social network profile and monitor your privacy settings
- ⇒ Remember if you would not say it in person, don't say it online
- ⇒ If you witness bullying, report it to Campus Security right away or you can report the bullying anonymously through Mount watch on the Campus Security portal page

See Something, Say Something!



Safety Tips are brought to you by Department of Campus Security Stay Informed, Stay Alive.





Tips for Confronting Incivility

Step 1 - Think strategically about when to approach the person.

What do you think will be most effective: Speaking up in the moment? Waiting until some time has passed so that emotional level might be diffused? Should you go alone or with someone else? Does it make sense to confront the person in front of others so that you might have some back up? Or is it better to talk alone over coffee or lunch? Is this something that has happened repeatedly in certain situations so that you could talk to the person preemptively?

Think Civility Tips are brought to you by
The Mount Civility Project.

For more information email Laura Crow, Dean of Student Life at Lcrow@msmu.edu or call: (310) 954-4130



Want to Serve on SGA Next Year?

Appointed Positions Open!

—General Senator—

Attend meetings, represent your fellow Athenians!

nt Saint Mary's Ur

—Educational Programs Chair—

Help SGA host events like National Collegiate Alcohol Awareness Week. Get creative and think of other information educational programs for SGA.

—Service Chair—

Loved Charity Ball? Plan it! You will lead a committee of senators and volunteers to help raise money for wonderful causes. You will have a chance to give back to the Mount community by guiding SGA in other service programs.

—Election Chair(s)—

Want to shape the future of SGA next year? Help us get more people engaged in the SGA elections process next year by serving as Elections

To apply, visit: www.msmu.edu/apply-SGA

First review of applications begins Monday, May 2, 2016

For more information email: sqa@msmu.edu

DE-STRESS DAY Let Relaxation take Root!

Monday, April 25, 2016 11:30 a.m. – 2:30 p.m.

Administration Lawn and Hannon Parlor

- Arts & Crafts
- Puppies & Kittens
- ◆ FREE Massage: First come, First served



All events are FREE

For more information contact Health Services at (310)954-4140 or CPS at (310)954-4114.

Sponsored by Health Services and Counseling and Psychological Services



























Nominate your peers TODAY via Orgsync https://orgsync.com/540082/forms/196162

Ceremony

Date: Thursday, April 28, 2016 Time: 6:00pm

Location: Campus Center

Business Casual Attire

For more information: e-mail: sga@msmu.edu or blanduen@msmu.edu

Sponsored by: Student Government Association (SGA)

CAMPUS MINISTRY

EASTER COOKIES!

Monday, April 18, 2016 at 20 m in H105

Take a break from your studies and enjoy freshly baked cookies in the Campus Ministry office!

EARTH DAY

Thursday, April 21,2016 at 11:30 a.m.

Visit the Campus Ministry booth and learn more from our Social Action team about how you can help our global home!

CONFIRMATION MASS

Sunday, April 17, 2016 at 7 p.m

Come celebrate Mass and witness the Confirmation of 27 Mount students. Reception to follow in the Student Lounge with Easter treats!

For more information email Campus Ministry at: campusministry@msmu.edu or call (310) 954-4125

Class of 2016 Events and Reminders

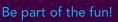
REGISTER TO WIN

VIP balcony seating for 2 families at graduation. It's free!



Closes Wednesday, April 20, 2016

2016 SLIDESHOW



Share pictures of your Mount moments for the 2016 Slideshow which will play during the senior farewell dinner.

<u>Share at: www.alums.msmu.edu/slideshow16</u> Deadline was extended. Submit Now!

THANK YOU FOR VOTING FOR YOUR GUEST SPEAKER

The top nominee will speak at the Senior Farewell Dinner.

Voting Closed



SENIOR CLASS GIFT

Don't forget to participate and make your class gift today to the Class of 2016 Scholarship! Give \$20.16 now and it will be matched \$2 to \$1 by our generous Alum Board President, Suzanne Hoffman '84.

DONATE HERE: <u>www.alums.msmu.edu/classof2016</u>

For more information email Director of Annual Giving Maria Solano at <u>msolano@msmu.edu</u>

SENIOR FAREWELL DINNER

The class of 2016 is cordially invited to attend:

When: Wednesday, April 20, 2016

Time: 7:00 p.m. to 9:00 p.m. Where: Chalon Campus Center

This semi-formal event will be unforgettable.

We are currently at capacity.

To be added to the wait list, please email amadrid@msmu.edu

Sponsored by: Institutional Advancement

Greetings from the Business Office

VISIT OUR KIOSK BOOTH!

Get help from Business Office associates and a representative of the University Credit Union!

When: Wednesday, April 20, 2016 Time: 10 a.m. to 1 p.m.

Location: St. Joseph Administration Center Lawn

IMPORTANT DEADLINES!

PAY FOR SUMMER 2016 BY	Friday, May 6, 2016
HEALTH INSURANCE WAIVER DEADLINE FOR FALL 2016	Wednesday, August 31, 2016
PROGRAM	CLEARANCE DEADLINE
TRADITIONAL UNDERGRADUATE RETUNING	Wednesday, June 8, 2016
TRADITIONAL UNDERGRADUATE NEW (CHALON FROSH)	Wednesday, July 13, 2016
TRADITIONAL UNDERGRADUATE NEW (DOHENY FROSH &	Wednesday, August 10, 2016





Congratulations to all the student leaders recognized at the 2015-2016 Athenian Awards!



Inter-Club Council Awards

CHALON TRANSFERS)

Organization of the YearStudent Government Association

Most Collaborative Program

Scholar Mentor Fair Scholar Mentor Club

In collaboration with Pangkat Pilipino, CNSA, WISH, the French Club, Psychology club, SGA, ATD, Phi Theta Mu, and many more.

Most Original Program

Noche Mexicana

Ballet Folklorico Club

Most Creative Publicity

California Nursing Student Association

Faculty of the Year

Lance Skidmore

Staff of the Year

Haig Papelian

congratulations to all of our students who received awards on this day. Thank you for all of your hard work!

You are
UNSTOPPABLE!



Kappa Delta Chi Presents

St. Anne's Charity Drive

Benefiting the children of StAnne's Monday, April 18 - 29,2016

Drop Off Bokes: Campus Ministry & Humanities 4th Floor We are accepting the following! Informational Booth:
Where: Administration Lawn
When: April 20 and April 27

- -Puzzles
- -Lego
- -Board Games
- -Crayons
- -Markers -Glue
- -Children's Scissors
- -Construction Paper
- -Paint Brushes & Paint
- -Canvas
- -Children's Music CD's
- -Outdoor Play Items:
 -Balls, bean bags, ribbon
 bells, sidewalk chalk, etc.
 -Children's Books in English
 and/or Spanish:
- -ex. "Curious George" -Books about feelings, insects, farm animals, outerspace, etc.
- -Play-Doh & accessories -Fingerpaint & Fingerpaint Paper

For more information email us at: kdchi.est.1929@gmail.com



Doheny Summer Housing 2

Available to Chalon and Doheny

Traditional Undergraduate Residents

Applications now available via OrgSync

- Must currently live in on-campus housing or must have been a resident before
- Must be cleared with the Business Office at the time of applying for Summer Housing
- Must be a traditional undergraduate MSMU student at the Chalon or Doheny campus
- Must be in good standing with the Residence Life Office and the University
- Must turn in Summer Housing application with a copy of the \$125 down payment
- Must be registered as a full-time student (12 units) for the Fall 2016 semester
- Only female summer housing is available at Doheny in House 20
- We will have approximately 7 spaces in triples and doubles

For more information please call Residence Life Office:

Doheny (Hannon 123) at (213) 477-2661

Chalon (Brady 101) at (310) 954-4325

Application Deadline: Friday, April 22, 2016

BLOOM AGAIN FOUNDATION

Invites You to our 6th Annual





short films by, for, about Women





Sunday, April 24, 2016 The California Science Center

700 Exposition Park Drive, Los Angeles, CA 90037

Come as early as 11:00 a.m. to enjoy fabulous, family friendly California Science Center and all of its' exhibits, including the Space Shuttle Endeavour!

Tickets available online at: lunafest.org/losangeles0424

ATTENTION CLASS OF 2016!



Include your memories in this year's "How We Got Here" video to be played for your friends and family on May 9 in the Shrine Auditorium, before the start of Commencement 2016!

We Will Have a Video Crew on Campus:

Wednesday, April 20, 2016 Chalon Campus, Campus Center/Plaza 6:00 p.m. - 9:00 p.m.

For more information email: dream@msmu.edu or pjordan@msmu.edu

Sponsored by: Communications and Marketing



Weekend Events

Sunday 4/24



Saturday 4/23

CHECK OUT THE NEW EXHIBITS AT THE BERG SPACE FOR PHOTOGRAPHY IN **CENTURY CITY**

FREE Admission 2000 Avenue of the Stars, Los Angeles, CA 90067 **Enjoy Sunday Mass with** the Mount Community at 7p.m.

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 p.m. for the next week's issue.

E-mail: <u>athenianweekly@msmu.edu</u>





Athenian Promise: I will commit myself to the pursuit of knowledge with personal integrity and academic honesty. (2 out of 6)

Volume 1, Issue No. 14

Monday, April 25, 2016

Published by the Student Affairs Office

Campus Security Safety Tip: Travel and Vacation Safety

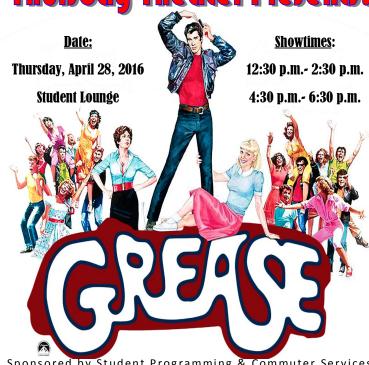
It's important to think about your safety when traveling and vacationing. Here are some suggestions you can do to keep yourself and your belongings safe:



- Make sure to clean out your wallet or purse. Take only essential credit cards.
- Carry your purse or wallet, close to your body or inside a front pocket.
- Pack as lightly as possible. Lots of heavy bags will slow you down and make you more vulnerable to getting robbed.
- Carry anything you may need/of value such as medication.
- Don't display expensive jewelry, cameras, bags and other valuable items.
- Stick to well-lighted, well-travelled streets at all times.
- Always lock your car and leave valuables out of sight, preferably locked in the trunk.
- Always lock your hotel room! Don't leave jewelry, money or other items lying around. Secure your valuables in a safe place.

Brought to you by: The Department of Campus Security **Division of Student Affairs**

Thursday Theater Presents:



Sponsored by Student Programming & Commuter Services

Division of Student Affairs

For more information call: (310) 954-4120



ATTENT ADUATING STU



If you do not pick up tickets prior to this date, you may not be eligible for all 7 guest tickets.

If you reserve your tickets on Marching Order but do not pick up your tickets by Friday, April 29, 2016, you are not eligible for all 7 guest tickets.

All graduates who are cleared to participate in Commencement ceremonies will receive an email with instructions on how to reserve your tickets. You must reserve your tickets prior to picking them up. Last day to reserve tickets is Thursday, April 28, 2016.

You will receive your 8 tickets (one for you, seven for guests)

YOU MUST PRESENT A PHOTO ID TO PICK UP YOUR TICKETS!

For additional information visit <u>www.msmu.edu/commencement</u> Brought to you by the Commencement Committee

























Kind Words

"Kind words can be short and easy to speak, but their echoes are truly endless."

- Mother Teresa

Think Civility Tips are brought to you by The Mount Civility Project



Greetings from the Business Office

Good luck with finals!

Quick Study Tip: Reserve a study room at the library to study for your finals.

Call the Doheny library at (213)477- 2570 or the Chalon library at (310) 954-4370 for more information.

Also, the 24-hour study room at Doheny is available to all current students.

Summer 2016 Deadline:

The deadline to pay for summer school is May 6, 2016.

We Are Open

We will be open regular hours during the summer months. Feel free to contact us for clearance or if you have any questions.

DOHENY PARKING ALERT

Out of respect for our St. Vincent church neighbors, parked in the Figueroa lot, we kindly ask students, faculty, and staff to park in spaces designated specifically for MSMU.

Please be aware that vehicles will be **TOWED** at the owner's expense if they are found parked in spaces not authorized by MSMU.

If your vehicle is towed, towing information can be found on the signs displayed around the Figueroa lot.

Please note: Only active permit holders are permitted to park in the Figueroa lot. All others will be cited and/or immobilized.

Brought to you by Transportation and Parking

CPS Tip of the Week Mind-Body Medicine

Yoga, a practice developed thousands of years ago. It is a physical exercise which has a meditative and spiritual core. Yoga combines physical poses, controlled breathing, and relaxation or meditation to help achiev peacefulness of the mind and body

A number of studies have shown that yogá can help reduce stress and anxiety. It can also enhance your mood and overall sense of well-being.

In addition to stress reduction yoga

Improve Flexibility Build Muscle Strength Make you Happier **Improve Focus**

Increase Relaxation Increase Self-Esteem Build Self-Awareness

Brought to you by Counseling and Psychological Services **Division of Student Affairs** For more information call: (310)-954-4004



Weekend Events



Friday 4/29

The weather is starting to heat up! Why not cool down with some ice cream?

Saturday 4/30

Come Celebrate EARTH DAY

Glendale Central Park Price. Free Time: 10 a.m.

Enjoy food trucks and live entertainment, learn about solar energy and waste management

Sunday 5/1

Come Celebrate Sunday Mass with the Mount Community **HONORING Graduating Seniors**

Mary Chapel 7:00 p.m.

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 p.m. for the next week's issue.

E-mail: <u>athenianweekly@msmu.edu</u>





Athenian Promise: I will respect the sanctity of the learning environment and avoid disruptive and deceitful behavior toward other members of the college community (3 out of 6)

Volume 1, Issue No. 15

Monday, May 2, 2016

Published by the Student Affairs Office

Travel or Vacation Safety Tips

Going out of town this summer? Here are some suggestions to safeguard your home while you are away.

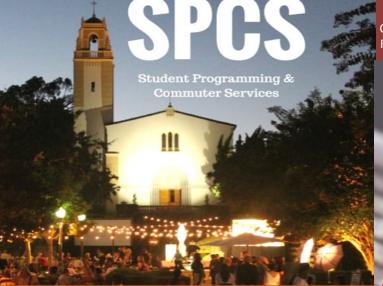
- Make sure all windows and doors are locked
- ⇒ Have timed lights that will turn on while you are away to support the illusion that someone is home
- ⇒ Ask a friend or family member to go by your home and make periodic checks
- ⇒ Optional: Install a professional alarm system

Have a fun and safe summer break!

Stav Informed, Stav Alive.

Brought to you by The Department of Campus Security **Division of Student Affairs**





Now Hiring Work Study Students!

For more information visit: mountcareernetwork.com H200A | studentprogramming@msmu.edu | (310) 954-4120 Sponsored by Student Programming and Commuter Services Division of Student Affairs

GENERAL STUDIES IIIA

Discovering Music Fundamentals MUS 3 Music Masterpieces MUS 25/125 American Music Theatre MUS 42/142 Discovering Music Fundamentals MUS 3 3 Varieties of Music MUS 6/106 Doheny

Fall 2016

ELECTIVES

Guitar Class MUS 4 Chalon & Doheny Voice Class MUS 7 Piano Class 8A, 8B, 8C

ENSEMBLES OPEN TO ALL STUDENTS

Mount Chorus 0---1 **Mount Singers** 0---1 Mount Orchestra 0 - - 1Chamber Ensemble 0---1

Check web advisor for course description & specific class times. For more information contact Dr. Fassnacht at tfassnacht@msmu.edu

Come De-stress at Jea-stress!

May 2 through May 5, 2016

Where: Student Lounge

Time: 10:00 a.m. – 8:00 p.m.

Come de-stress for finals week with free tea and pastries!

For more information please contact Aja Smith at (310) 954-4120 **Sponsored by Student Programming and Commuter Services** Division of Student Affairs

























RESIDENCE HALL CHECK-OUT INFORMATION

<u>Monday</u> <u>May 2</u>	<u>Tuesday</u> <u>May 3</u>	<u>Wednesday</u> <u>May 4</u>	<u>Thursday</u> <u>May 5</u>	<u>Friday</u> <u>May 6</u>	Saturday May 7 and Sunday May 8	Monday May 9	<u>Tuesday</u> <u>May 10</u>
Check Outs at the Residence Life Office: 8 a.m 4:30 p.m. If you are checking out after 4:30 p.m. call the RA on Duty RESIDENT APPRECIATION SNACKS: 10 p.m. in the cafeteria. Bring your student ID!	Check Outs at the Residence Life Office: 8 a.m 4:30 p.m. If you are checking out after 4:30 p.m. call the RA on Duty RESIDENT APPRECIATION SNACKS: 10 p.m. in the cafeteria. Bring your student ID!	Check Outs at the Residence Desk: 8 a.m 4 p.m. Check Outs at Hannon Parlor: 4:30 p.m9:00 p.m. RESIDENT APPRECIATION SNACKS: 10 p.m. in the cafeteria. Bring your student ID!	Check Outs: at Hannon Parlor: 8 a.m9 p.m.	Last meal served for undergraduates is at lunch. Check Outs at Hannon Parlor: 8 a.m 4 p.m. Undergraduates must check out by 4 p.m. Residents checking out after 4 p.m. will be assessed a \$150 fine	Graduating seniors and commencement workers: can move out from 8 a.m. to 9 p.m. by calling the RA on Duty	GRADUATION DAY Graduating seniors and commencement workers can move out from 8 a.m 9 p.m. by calling the RA on Duty	Graduating seniors, commencement workers, and graduation mass volunteers: Check Outs at Hannon Parlor 8 a.m 11 a.m. Last meal Served for seniors is at breakfast

For more information call:

(310) 954-4325 (Chalon) or (213) 477–2661 (Doheny)

Brought to you by Residence Life

Division of Student Affairs



Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 p.m. for the next week's issue. E-mail: $\underline{athenianweekly@msmu.edu}$